

what is

SCHOOL NUTRITION?

School meals are required to meet the Dietary Guidelines for Americans. Programs must follow federal nutrition guidelines to create a nutritious and balanced meal.

There are 5 meal components offered at lunch



FRUITS



MEAT/
MEAT ALTERNATE



GRAINS



VEGETABLES



MILK

Our nutrient dense menus must comply with nutrition standards for:

- calories
- saturated fat
- sodium
- trans fat

A variety of vegetables must be offered throughout the week...



RED/ORANGE



DARK GREEN



STARCHY



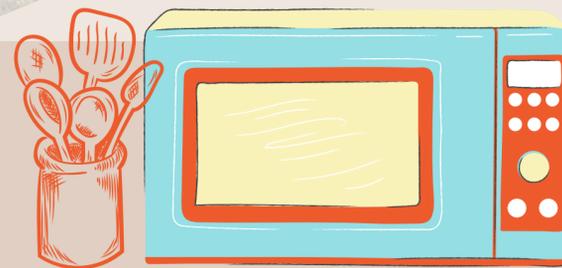
LEGUMES



OTHER

Students must take at least 1/2 cup of fruits or vegetables!

throwback



SCHOOL FOOD ISN'T WHAT IT USED TO BE!

WHOLE
GRAINS

NO
FRYERS
HERE

LABEL-
FOCUSED

SCRATCH
COOKING

SHOP
LOCAL

Gone are the days of French fries and highly processed, packaged foods at lunch.

We pack our flavorful recipes with vegetables, herbs and spices.

We inspect labels for unhealthy ingredients and excess added sugars.

We LOVE our California farmers!