

See How School Meals Have Changed!

Do you know what's new in your child's school cafeteria? Now is the perfect time to find out. National School Lunch Week is October 14-18, 2013. Talk to the cafeteria manager at your child's school to see what's for lunch!



Rick Brady

TODAY'S SCHOOL LUNCH

Serving nearly 32 million children every school day, the National School Lunch Program (NSLP) provides nutritionally balanced, low-cost and free meals to students. Today's school cafeterias are:

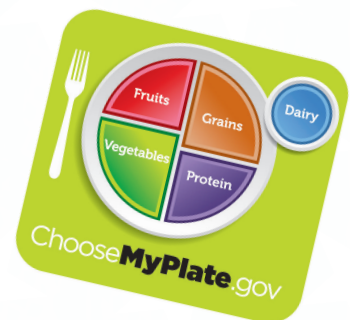
- Offering students fruits and vegetables every day
- Limiting calories, fat, and sodium to age-appropriate levels
- Increasing offerings of whole grains;
- Introducing locally-grown ingredients, chef-inspired recipes, and even lunchroom lessons about healthy eating

Want to learn more about school meals? Visit www.traytalk.org

MyPlate: Healthy Choices Made Easy

A school lunch tray always has age-appropriate portions and includes a healthy balance of fruits and vegetables, grains, protein and milk. Encourage your children to make good choices both at school and at home by following the MyPlate guidelines:

- Make half your plate/lunch tray fruits and vegetables.
- Make at least half your grains whole grains.
- Drink fat-free or lowfat (1%) milk.



MyPlate icon and ChooseMyPlate.gov courtesy of USDA. USDA does not endorse any products, services or organizations.

For more information about the School Nutrition Association (SNA), please visit us online at www.traytalk.org or call (800) 877-8822.



Celebrate School Lunch!

It's National School Lunch Week: October 14-18, 2013. School cafeterias everywhere are celebrating "School Lunch Across the USA". Boost your lunchtime learning with the activities below.

Fruit & Veggie Guessing Game

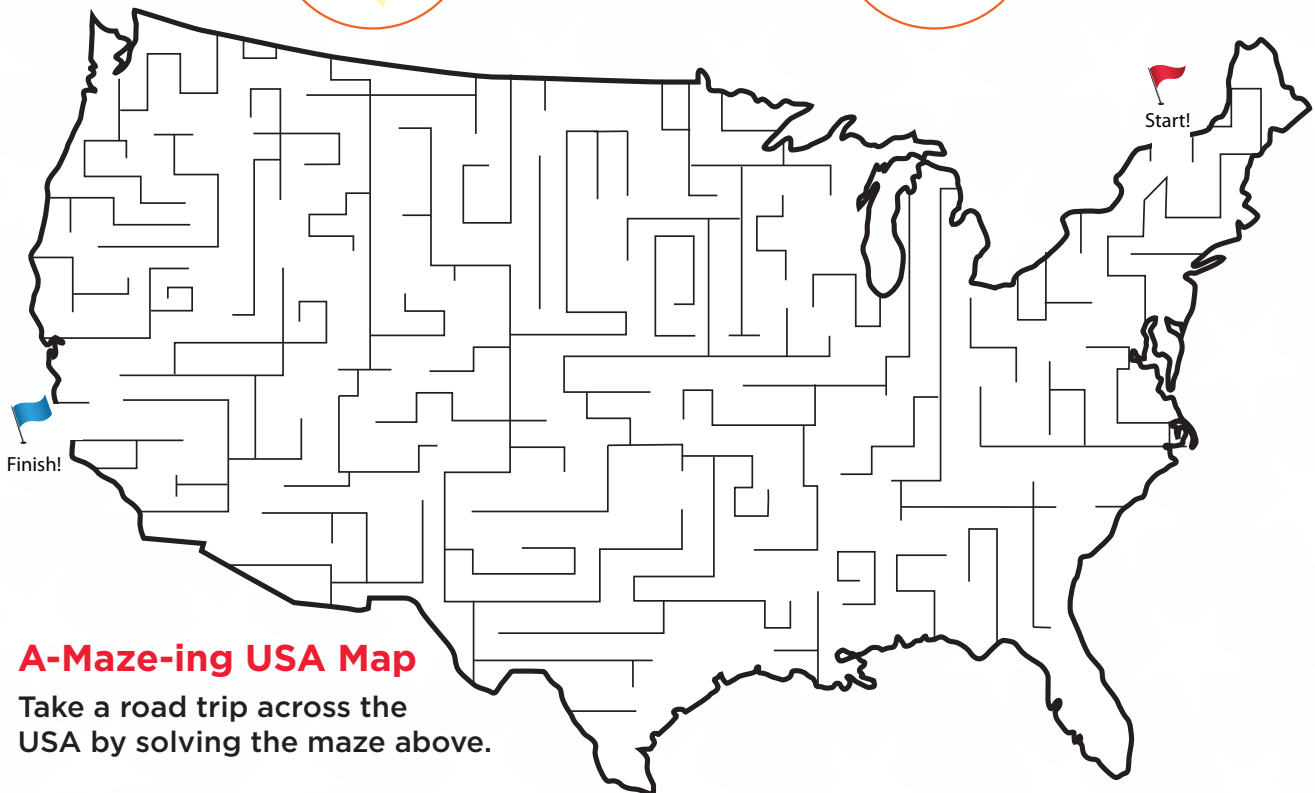
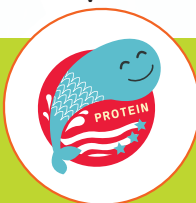
Can you identify the fruits and vegetables described in the clues below?

1. A sweet, juicy citrus fruit. It has tons of vitamin C. Orange-you glad It's served at lunch?

2. Choose a bunch of these at lunch. Whether they're purple or green, they're full of vitamins to keep you healthy.

3. This healthy green veggie looks like a mini tree. It has vitamin C and fiber to keep you full. Try it steamed at lunch, or raw with low-fat dip.

Answers: 1. Orange, 2. Grape, 3. Broccoli



A-Maze-ing USA Map

Take a road trip across the USA by solving the maze above.