

School Meals.. Nutrition for Every Student!



Make Their Day.

Why School Meal Participation Makes a Difference

According to a USDA Report to Congress, nutrition clearly has a major impact on children - on their health, their ability to learn, and their potential for becoming healthy and productive adults. School meals make an important contribution to the nutrition of school-aged children.

The recently published School Nutrition Dietary Assessment Study-II indicates that reimbursable meals selected by students exceed the Recommended Dietary Allowances standard for key nutrients. According to a recently published USDA analysis of the 1994-1996 CSFII data

- National School Lunch Program (NSLP) participation is associated with higher average intakes of many nutrients over 24 hours.
- NSLP participants have substantially lower intakes of added sugars than do nonparticipants.
- NSLP participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods, both at lunch and over 24 hours; they also consume less soda and/or fruit drinks.
- School Breakfast Program participation is associated with higher intakes of food energy, calcium, phosphorous, and vitamin C.

Breakfast Provides Benefits to Students

Breakfast is an effective way to help students understand the importance of starting their day with some good nutritional choices and provides the benefit of a better classroom experience all day long, setting students up for a successful day.

Our goal is to see that each and every student is provided for nutritionally so they can be ready for their educational experiences during the day.

Studies show that students who eat Breakfast are much less likely to be restless during the morn-

ing class time. In addition students who eat breakfast appear to have less disciplinary issues. Breakfast is available daily to all students, free, reduced, or full pay students!

We encourage you to give "Breakfast at School" a try soon!

What you should know about school meals!

- School meals have 30% or less of calories from fat
- School meals are under 10% calories from saturated fat
- School meals are lower in sodium than most meals brought from home
- School meals provide Whole Grains
- School meals offer Fruits and Vegetables Daily



Child Nutrition Assistance is Available

Through the Free and Reduced meal program About 19 million students received free and reduced-price lunches in May, according to the U.S. Food and Nutrition Service. This free and reduced meal program was implemented to supplement the nutritional well being of students nation wide and should be viewed as a Child Nutrition Supplement for families. This program provides much needed assistance to families! Check with your District for More Information.