

*It's not **just** school lunch. It's bigger than that.*



**IT'S BETTER  
NUTRITION.**

# BETTER NUTRITION. HEALTHIER KIDS.

Under the new federal guidelines, school lunches offer:

- **More** whole grain choices
- **Daily** choices of fruits and vegetables
- **Larger** portions of fruits and vegetables
- **More** beans/peas (legumes)
- **More** dark green and red/orange vegetables
- **Less** fat and sodium

School lunch is healthier! Your child may be exposed to new food items such as brown rice, kiwi, sweet potatoes, black beans, etc. With these changes comes an opportunity to teach kids what a healthy plate should look like. They will learn to eat healthier for life.

See the improvements to school lunches firsthand, and ask to have lunch with your child.

FOR MORE FACTS ABOUT SCHOOL LUNCH  
[www.schoolmeals.educateiowa.gov](http://www.schoolmeals.educateiowa.gov)

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