

## ATTENTION PARENTS!

Did you know that school meals meet federal nutrition standards, including limits on sodium and unhealthy fats? These meals are like a secret cheat code for boosting student achievement and keeping your little adventurers in tip-top wellness!

# National School Lunch Week

October 9-13, 2023

## START

National School Lunch Week is an annual observance created by President John F. Kennedy in 1962. This week-long celebration highlights positive impact on learning and overall well-being! Delicious school lunches are a convenient and nutritious choice for students and families.

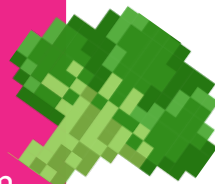
## SCHOOL LUNCH

### STATS

Nearly 30 million students enjoy healthy school lunches every day!

Nearly 100,000 schools/institutions serve 5 billion school lunches per year.

The National School Lunch Program reduces hunger and supports the realm of American agriculture.



## MENU

Let's make a healthy school lunch!

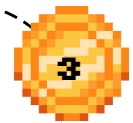
3/4 cup of vegetables with every lunch



1/2 cup serving of fruit daily



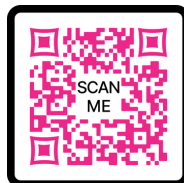
1 cup of 1% or fat-free milk



Entrées include whole grains & lean protein

## NEXT

Scan to learn the history of the National School Lunch Program, buy #NSLW23 merch and more!



# YOU WIN!

NSLW resources are made possible by:



#NSLW23 | #LEVELUPWITHSCHOOLLUNCH