

**Parents:  
Did you  
know?**

# The National School Lunch Program

Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

**30 million**  
students enjoy  
healthy lunches  
every school day.

**3/4 cup**  
of vegetables  
with every lunch

**1 cup**  
of 1% or fat-free  
milk



**1/2 cup**  
serving of fruit  
daily

**Entrées**  
must include  
whole grains &  
lean protein



**Read School Meal Success Stories**  
[www.TrayTalk.org](http://www.TrayTalk.org)

  
SCHOOL  
NUTRITION  
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