

# IT'S NATIONAL SCHOOL LUNCH WEEK!

## SCHOOL LUNCHES HELP YOUR CHILD LEARN & GROW

### WHY CHOSE SCHOOL LUNCH FOR YOUR CHILD?



#### CHILD BENEFITS

- Students receive healthy meals based on the USDA's MyPlate
- School lunches help students focus and learn better in class
- Eating school lunch will help your child grow and be healthy
- School lunches improve children's eating habits
- Kids who eat school lunch have lower obesity rates
- Eating school lunch helps children eat more fruits, veggies and milk
- Eating with peers is fun!

Eating school lunch helps your child learn & grow inside, and outside the classroom

#### BENEFITS OF SCHOOL LUNCH

##### PARENT BENEFITS

- No need to pack a lunch in the morning!
- You know your child will receive a healthy lunch at school
- School lunches are affordable for ALL children – (free and reduced lunches for children who qualify)
- Food allergies will be accommodated
- School lunches have changed, there are regulations in place to make sure your child gets a well-balanced, nutritious meal every day!

