



CALIFORNIA SCHOOL NUTRITION ASSOCIATION School Meals Provide



FRUITS & VEGETABLES GALORE!

Each week schools are required to offer fruits and vegetables from five different subgroups. Most schools offer salad bars that include fresh fruits and vegetables every single day.

WHOLE GRAINS

Schools now offer whole grain-rich options for breakfast and lunch!

LOW SATURATED FAT AND NO TRANS FAT

All school meals contain less than 10% saturated fat and NO trans fat.

DAILY LEAN PROTEIN OPTIONS

Schools today offer chicken, beef, fish, pork, and vegetarian options.

DEDICATED TO PROVIDING QUALITY MEALS THAT ARE DELICIOUS & NUTRITIOUS.

- * Child nutrition programs throughout California take pride in selecting the healthiest kid-approved items for menus. All breakfasts and lunches offer a variety of options for every student. Most schools offer salad bars that highlight fresh fruits and vegetables often showcasing California grown produce.
- * All meals meet the Healthy Meals School Lunch Regulations mandated by the USDA and the State of California.
- * Most districts in California offer student accounts for school lunch payments that allow parents to add money at the school site or through an online payment system. These systems also allow parents to view meal purchases and create low balance notifications.
- * School nutrition Directors are eager to discuss new menu items, recipe preparation techniques, school meal regulations, and ways to enhance the program and increase student satisfaction. They are committed to working with parents and schools to assure high-quality service and nutritious food to support academic success!
- * School meals provide all the nutrition necessary for healthy bodies and minds!

