

DID YOU KNOW?

We will always offer healthy and delicious options for your child at school.

In accordance with the National School Lunch Program (NSLP), the dairy and milk products we serve contain 1 percent fat, or are fat-free to limit saturated fats. Flavored milks are also fat-free to maximize nutrient density.

NUTRITIONAL FACTS:

BONE HEALTH—Having strong bones is essential to having a healthy body. Bones provide support and protection to our whole body, and calcium will help maintain strong bones.



NON-DAIRY CALCIUM—For students who are lactose intolerant, opt for green leafy vegetables (broccoli), beans and nuts (almonds), fortified foods (tofu and soy milk), and seafood. These items are high in calcium as well!

VITAMIN D—Vitamin D has a very important job in your body- it helps to absorb the calcium one intakes. There are three sources to get it: sunlight (your body makes vitamin D with sun exposure); seafood; and fortified foods such as milk.



When selecting your next school lunch, be sure to add items high in calcium!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

This institution is an equal opportunity provider.

For more information visit <http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf>

