

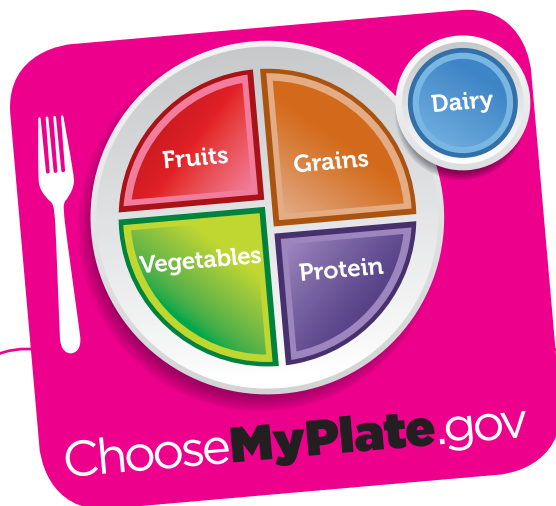
School Lunch

LET'S GROW HEALTHY



Let's Grow Healthy!

It's National School Lunch Week and this year's theme, "School Lunch—Let's Grow Healthy," helps children understand where food comes from while learning that eating a nutritious school lunch helps them grow strong and healthy.



Let's Grow Healthy and Choose MyPlate!

A school lunch tray always has age-appropriate portions and includes a healthy balance of fruits and vegetables, grains, protein and milk. Encourage your children to fill their lunch trays (and then eat!) following the MyPlate guidelines:

- Make half your plate/lunch tray fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or lowfat (1%) milk.

MyPlate icon and ChooseMyPlate.gov courtesy of USDA. USDA does not endorse any products, services or organizations.

Let's Grow Healthy with School Lunch

Serving nearly 31 million children every school day, the federally funded National School Lunch Program (NSLP) provides nutritionally balanced low-cost and free meals to students. The program requires school meals to meet federal nutrition standards. Dietary guidelines dictate:

- No more than 30 percent of calories can come from fat and less than 10 percent from saturated fat.
- Over the course of one week, lunches must provide 1/3 of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories.
- Well-balanced school lunches must include protein, fruits and vegetables, grains and lowfat milk and be served in age appropriate portions.

Get Involved

Learn about school lunch at
www.traytalk.org.

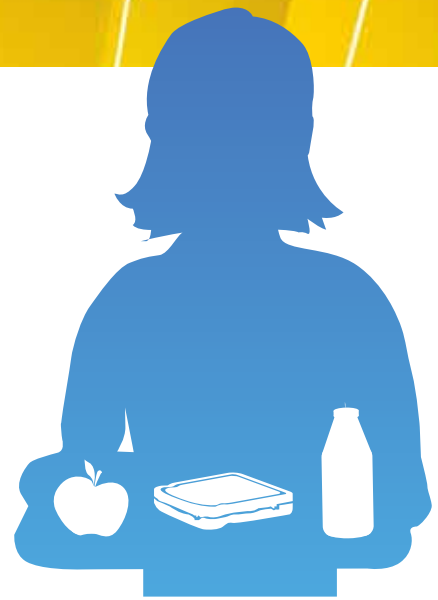
For additional information about the School Nutrition Association (SNA), and school meals, please contact SNA at (800) 877-8822 or visit us online at www.traytalk.org.

Made possible by:



ATTENTION STUDENTS!

School Lunch LET'S GROW HEALTHY



Let's Grow Healthy with School Lunch!

Are you ready to learn how food grows and how eating a tasty school lunch helps you grow strong and healthy? Read on, take part and solve the puzzles—and you will be well on the way.

Harvest Word Search

Can you "pick" the crop of harvest related words in the word search? Words may be written forwards, backwards or diagonally.

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|-----------|
| E | O | T | R | T | N | A | L | P | A | Crop |
| E | R | R | A | S | C | L | L | A | F | Fall |
| S | C | A | R | E | C | R | O | W | A | Farmer |
| E | A | C | R | V | H | W | O | R | R | Grain |
| E | R | T | G | R | A | I | N | P | M | Harvest |
| D | V | O | H | A | Y | R | I | D | E | Hayride |
| R | D | R | A | H | C | R | O | W | R | Orchard |
| | | | | | | | | | | Plant |
| | | | | | | | | | | Scarecrow |
| | | | | | | | | | | Seed |
| | | | | | | | | | | Tractor |

Harvest Time Art

October is harvest time and there are lots of seasonal fruits and veggies available to eat. Whether it is a sweet apple or crunchy carrots, draw your favorite in the box below:



Seasonal Scramble

Unscramble the words and discover some tasty fruits and vegetables.

___ _ _ _
CRNO

___ _ _ _ _
UMKNIPP

___ _ _ _ _
PPLAE

___ _ _ _ _
RCARTO

___ _ _ _ _
ETESW

___ _ _ _ _
TOPAOT

Answers: Corn, Pumpkin, Apple, Carrot, Sweet Potato

How Many?

Did you know that most orange fruits and vegetables are rich in Vitamin A and Vitamin C. Both of these vitamins help keep you healthy. How many orange fruits and veggies can you name in 3 minutes? We will start you off with the obvious... an orange!