



## Building Healthy School Meals

### School Meal Requirements

You may have heard that there are new school meal requirements... The new meal requirements build on the work that we have already been doing to provide more fruits, vegetables whole grains and healthier main dishes in our cafeterias.

### NOW is a great time to choose school lunch!

Proper nutrition is fundamental for the success of academic programs.

MCS D Child Nutrition Program offers nutritious breakfasts and lunches at every building.

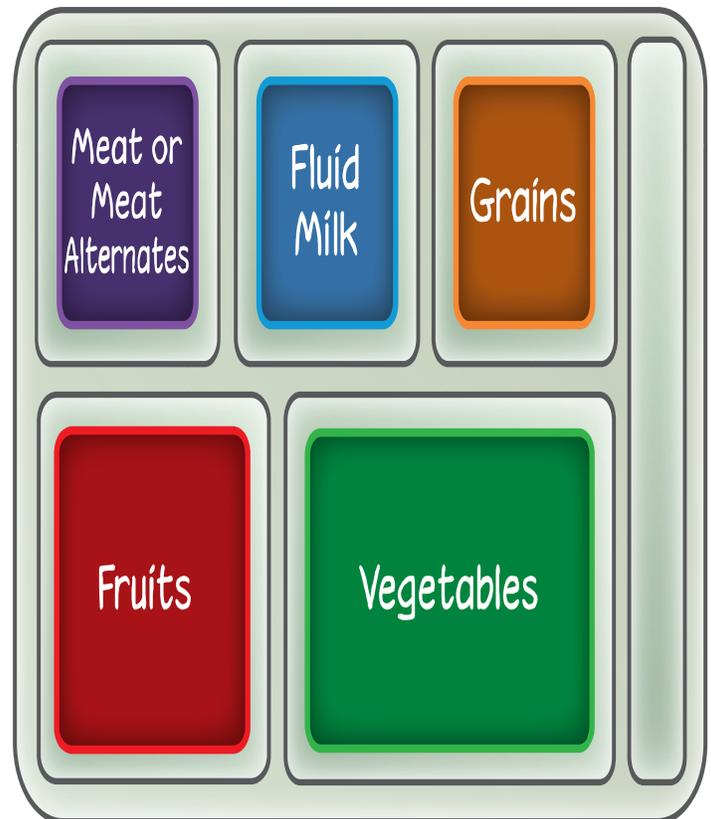
Our meals meet the new USDA Nutrition Standards, which requires the following:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits\*
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- Limiting Meat/Meat Alternate & Grains
- Less sodium

\* students **must** take at least one serving of vegetables or fruits

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## Build a Healthy Lunch



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