



# National School Lunch Week

**OCTOBER 15-19, 2018**



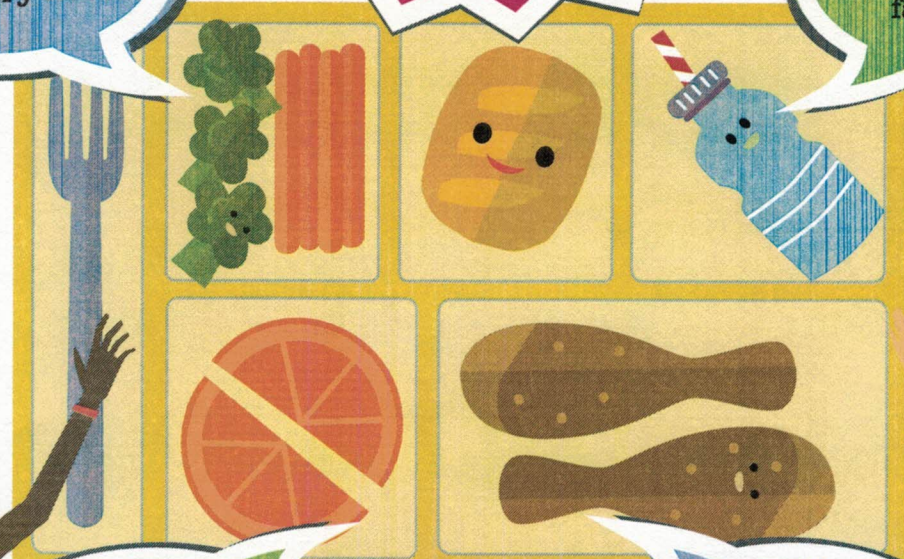
Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

**30 million**

students enjoy healthy lunches every school day.

**3/4 cup** of vegetables with every lunch

**1 cup** of 1% or fat-free milk



**1/2 cup** serving of fruit daily

**Entrées** must include whole grains & lean protein

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