

NUTRITION CORNER

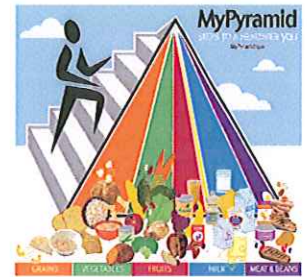


What Comes with my Lunch?



The balanced meal we serve each day contains:

- 1 portion of Protein
- 1 portion of Bread
- 2 servings of Fruit and/or Vegetable
- 1 serving of Milk



The menu makes sure you are getting the proper nutrition

- No more than 30% of calories from fat
- No more than 10% of calories from saturated fat
- Minimum amount of the following nutrients:

- Protein
- Iron
- Calcium
- Vitamin A
- Vitamin C