

Nutrition Information for All School Web Pages:

Did you know that the lunches served at school offer a choice of five vegetables and fruits EVERY DAY from which your student may select up to FOUR?

AND. . . Did you know that every week lunches are planned so that at least two orange vegetables, two green vegetables and two legumes are offered, while starchy vegetables are limited? To learn more how vegetables are categorized, “Google” the word “MyPyramid” on the internet and then select “Inside the Pyramid” (left side). When the Pyramid pops up, click on the green site for vegetable categories. Selecting other colors on the Pyramid will allow you to check out information for other food categories.

School lunches and breakfasts are planned to provide nutritious meals for your student and are incorporating recommendations from MyPyramid. They are the “Best Bargains in Town!”