

HEALTHY CHANGES TO THE CAFETERIA

Maplewood Career Center school cafeteria is meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced, providing students all the nutrition they need to succeed at school.

School meals offer students milk, fruits and vegetables, proteins and grains. They must meet strict limits on saturated fat and portion size.

School lunches will meet these standards:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits
- A wider variety of vegetables
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- Less sodium

We are always working to offer our students healthier and tastier choices.