

# Why School Lunch?



School lunch provides fruit that is full of many nutrients that contribute to good health including vitamins, dietary fiber, and potassium. School lunch meets 1/2 the nutrition needs for most children.



The National School Lunch Program offers a variety of vegetables that expose students to new vegetables. School lunch also provides many nutrients and dietary fiber children need for good health.



Fat-Free and Low-Fat milk are both offered in school lunch. Milk provides students of all ages with nutrients such as calcium, protein, and vitamins that are important for building strong bones, teeth, and muscles.



Grains offered in school lunch provide students of all ages with vitamins, minerals, and fiber that helps them feel full. School lunch helps students stay alert and concentrated during the school day, leading to kids doing better in school.



School lunch provides protein foods such as meat, eggs, and dairy protein options such as cheese, tofu, and yogurt to be served.