

SCHOOL LUNCH FUEL FOR SCHOOL

Students who eat lunch at school are provided with:



Fuel they need
to keep learning
throughout the day.

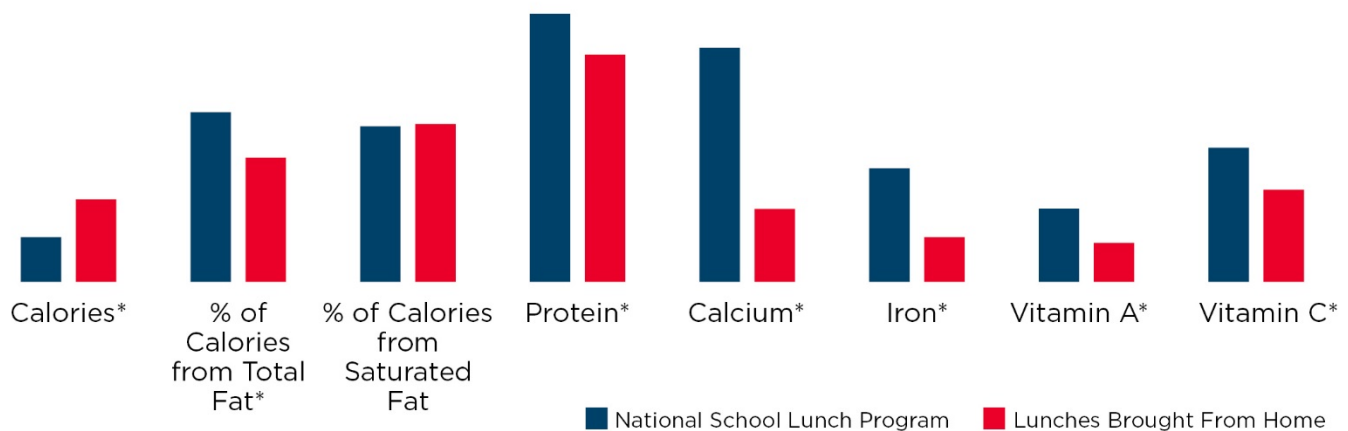
Studies show that proper nutrition improves a child's behavior, school performance, and overall cognitive development.¹



1/3 or more of their
Recommended Dietary
Allowance for key nutrients.

School lunches are required to provide no more than 30 percent of calories from fat and less than 10 percent from saturated fat.²

More Nutritional Value than Lunches Brought from Home



*Indicates a significant difference ($p < 0.05$) between NSLP lunches and LBFH³

¹ <http://frac.org/wp-content/uploads/cnnsnp.pdf>

² <http://frac.org/federal-foodnutrition-programs/national-school-lunch-program/>

³ https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Fall_2014/LunchesSelectedandConsumedfromtheNationalSchoolLunchProgram.pdf

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