

# Welcome to School Lunch!



## What is the National School Lunch Program?

The National School Lunch Program is a federally assisted meal program created to offer healthy, balanced meals to *all students*. Participating school districts receive federal reimbursement and commodity food items from the USDA for every qualifying meal served.

## Can anyone buy a meal?



Yes. Healthy, balanced meals are offered to *all students*. Eligible families may qualify for a free or reduced meal rate.

## What is included in a meal?

Arbor Management's "Meal Deal" is a complete meal offered to *all students*. All "Meal Deals" qualify as reimbursable meals.

### A Meal Deal includes:

1. Meat or Meat Alternative
2. Grains / Bread
3. Vegetables
4. Fruit
5. Fat-Free or 1% Milk



Students **must take 3-5 of the components** or servings listed above, and **must include at least ½ cup fruit or vegetable** to qualify as a Meal Deal.

## Is it healthy?



The USDA requires meals to follow strict nutrition guidelines to ensure students receive age-appropriate nutrition. Compared to previous years, meals now contain more whole grains, fruit, vegetables, lower fat milk, and age-appropriate portion sizes. Changes were made to better reflect the current Dietary Guidelines for Americans to help combat childhood obesity and to offer students a higher level of nutrition.

Arbor Management takes the regulations one step further by upholding our A+ Nutrition Standards. Our nutrition team works together to develop healthy, balanced meals made with quality ingredients students love!

## A+ Nutrition Standards

- ✓ High quality, freshest possible produce in a nutritious rainbow of color
- ✓ Poultry raised cage-free, and grain-fed with no added hormones or steroids
- ✓ Fat Free or 1% milk produced from sustainable farms without any artificial growth hormones
- ✓ Whole grain rich items, such as bread, rolls, buns, pizza crust, and rice, to increase fiber and vitamin intake
- ✓ Reduced sodium
- ✓ Zero trans fats
- ✓ Baked or grilled instead of deep fried
- ✓ Nutrition education programs to teach students to create healthy, wholesome, balanced meals



Arbor Management