



Nutri-Serve Welcomes You...

BACK 2 SCHOOL!

the top 5

Never Tried a School Meal? Now's the TIME & Here's Why **BENEFITS** of School Meals

1. Consistency & Balance: School meals are consistent in the food groups offered. For your student, learning the intricacies of developing healthy lifetime habits, this is **constant reinforcement** of what makes up a balanced meal.

Lunch: PROTEIN, GRAIN, FRUIT, VEGGIE, MILK

**Students must take at least 3 out of the 5 components including a FRUIT or VEGGIE.*

Breakfast: PROTEIN, PROTEIN /GRAIN, FRUIT, MILK

**Students must take at least 3 out of the 4 components, one item must be a FRUIT.*



2. Healthy Peer Pressure To Try New Foods: We see a lot of **POSITIVE** peer pressure in cafeterias. Students are intrigued by what their friends are eating & are influenced by their reactions. This opens their minds to **NEW FOODS!**

3. The USDA Fruit & Veggie Requirement: Convincing every student to take a fruit or veggie with their meal? We say, **CHALLENGE ACCEPTED!** We LOVE introducing NEW healthy fruits & veggies as they are necessary in a healthy diet. So how do we combat these items ending up in the trash?

The POWER of CHOICE: *"Students given a CHOICE between carrots and celery ate 91% of the veggie taken vs 69% when carrots alone were offered."* - Cornell Center for Behavioral Economics in Child Nutrition

4. Portion Sizes & Variety: As students get older the entrée portion size **INCREASES** (ex: extra chicken tenders or larger sandwich). The school lunch offers 5 meal components, plus you can take an additional fruit or veggie, so we recommend if you are extra hungry take all 7 items! Many schools also offer the option of purchasing an extra entrée at a reduced meal price.

5. Plenty of CHOICES: Along with increase portion size, our Middle and High School age customers also get more **OPTIONS**. The average lunch menu offers 10 or more entrée options a day! These offerings are more "big kid friendly" with specialty sauces and options for food customization through salad and deli bars, pannini sandwiches, fancier grab-n-go items and MORE!

By Kristen Mueller, RD & Olivia Gallo, RD

(Nutri-Serve Corporate Registered Dietitians & Menu-Makers)



Nutri-Serve meals are AFFORDABLE, healthy options for BUSY Families!

Breakfast Prices (Served from 6:45 TO 7:30 am Daily)	Lunch Prices *Ala carte & snack options available daily
Regular: \$2.00, Reduced \$0.30	HS \$3.75, MS \$3.50, Reduced \$0.40, Extra Entrée: \$3.25

If your child is free or reduced eligible for lunch, the same applies for breakfast!

For your convenience, **online prepayments** are possible using the site www.payforit.net with your child's student ID. Cash or a check can also be applied to your child's account by any cashier.

Looking forward to a fun & healthy school year!

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