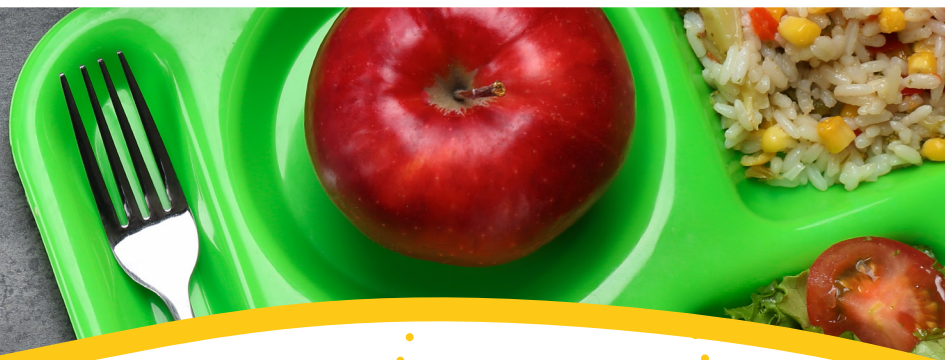


# Cafeteria Connection

Connecting you to your child's school lunchroom



## THE TOP 5 REASONS TO CHOOSE SCHOOL LUNCH

**1 NUTRITIOUS** • Our lunch menus are thoughtfully created with good nutrition at the core. Schools like ours that participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) are required by the United States Department of Agriculture (USDA) to serve menus that meet specific nutrition standards. These standards ensure ***we serve students nutritious foods that fuel growing bodies and support learning minds.***

**2 CONVENIENT** • When your child chooses to eat school lunch, ***you don't have to worry*** about shopping, packing, and grabbing lunch as you rush out the door, ***freeing up time*** in your morning routine.

**3 AN OPPORTUNITY TO TRY SOMETHING NEW** • School meals are a great opportunity for students to try new food and broaden their palates at a young age. We work to incorporate all types of tastes, flavors, and food trends in our menus. We firmly believe that ***exposure to new foods in childhood helps form healthy eating habits*** that continue into adulthood.

**4 SUPPORT ACADEMIC ACHIEVEMENT AND BETTER BEHAVIOR** • Eating nutritious meals positively impact student academic achievement and are associated with better classroom behavior, fewer absences, and improved mood compared to children who do not eat during the day. ***School meals help ensure all students succeed!***

**5 LOW COST** • Depending on where you shop, you'll be hard-pressed to pack a lunch that includes all components of a healthy meal for the price of a school meal. Plus, if you're worried about the cost of school meals, we encourage you to fill out a meal application. ***If your family qualifies, your child will receive school meals at reduced or no cost.***

