What's the scoop with school lunch?

Say Yes! to School Meals

Minnesota schools serve a variety of foods for lunch. Schools participating in the National School Lunch Program follow nutrition guidelines and offer a complete meal including:

✓ Grains ✓ Protein ✓ Fruits ✓ Vegetables ✓ Milk

Students in Minnesota can receive a free breakfast and lunch through their school's participation in the School Breakfast Program and the National School Lunch Program.

Why eat School Lunch? Let's compare.

COMPARE	MEALS FROM HOME	SCHOOL MEALS
Time	Takes time to plan, grocery shop, and prepare	No preparation time needed
Supplies	Food, containers, and bags	Just show up — no supplies are needed
Variety	Repeated foods, often limited to cold foods	Exposure to new foods, with a variety of hot and cold foods and fruits and vegetables



Over half of Minnesota schools participate in Farm to School programs. This helps students learn about local foods in the cafeteria, classroom, and community. Check your school webpage for more menu information.

NUTRITIOUS MEALS

- Whole grain rich foods such as brown rice and whole grain rich pasta and bread.
- A variety of colorful vegetables including dark green, red/orange, beans and peas, starchy, and other vegetables.
- At least 1/2 cup fruit and 3/4 cup vegetables (grades K-8), or 1 cup of fruit and 1 cup of vegetables (grades 9-12).

TIPS FOR PARENTS AND CAREGIVERS

- Talk with your student(s) about what is on the lunch menu and make sure they know about all of the options.
- Try new foods at home and eat meals together. Search for recipes on MyPlate Kitchen (https://www.myplate.gov/myplate-kitchen)
- Visit MyPlate Families (https://www.myplate.gov/life-stages/families) for family activities.

DEPARTMENT OF EDUCATION

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