KINDERGARTEN

LUNCH with us for Life!

The Nutrition Group

What is Lunch for Life?

Lunch for Life is a 3 day event to welcome your child into the cafeteria, make them feel special and introduce them to the tastiest half hour of the day!

October 11, 12, and 13, 2016

Kindergarten students are invited to try a complimentary lunch.

A special dining event

to help your child learn how school lunch works.

You'll love it

for the nutritional value, ease and convenience for you and your child!

This event

is made possible through the sponsorship of The Nutrition Group's food vendors!

The Nutrition Group is proud to be your school district's food service provider. Our goal is to serve your child healthy, nutritious foods in a fun and inviting atmosphere.

We partner with your district to educate your child on the importance of making balanced food choices in and out of school as part of a healthy lifestyle.

The Nutrition Group

Make lunch your way!

Did you know that school lunch provides one-third of your child's nutritional Recommended Daily Allowances? It's true!

There are specific National School Lunch guidelines for providing a school lunch that are followed on a daily basis. It is important to help your child understand there are 5 food groups, and all 5 food groups are offered daily.

Students must be offered 1 serving each of meat, grains, and milk, as well as two different servings of fruits and/or vegetables. Your child can choose a minimum of 3 items as long as one is a fruit or vegetable.

Sometimes, one food item includes two food components. These are referred to as combination foods. Examples of combination foods include a chef salad, tuna croissant, turkey wrap or spaghetti with meat sauce. Though it seems confusing, the idea is simple. Students are offered five options and must choose at least three components. This ensures balance and good nutrition.

These meals are priced as a unit allowing students to pay the same price whether they choose 3, 4, or all 5 items.

The tastiest half hour of the day!

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