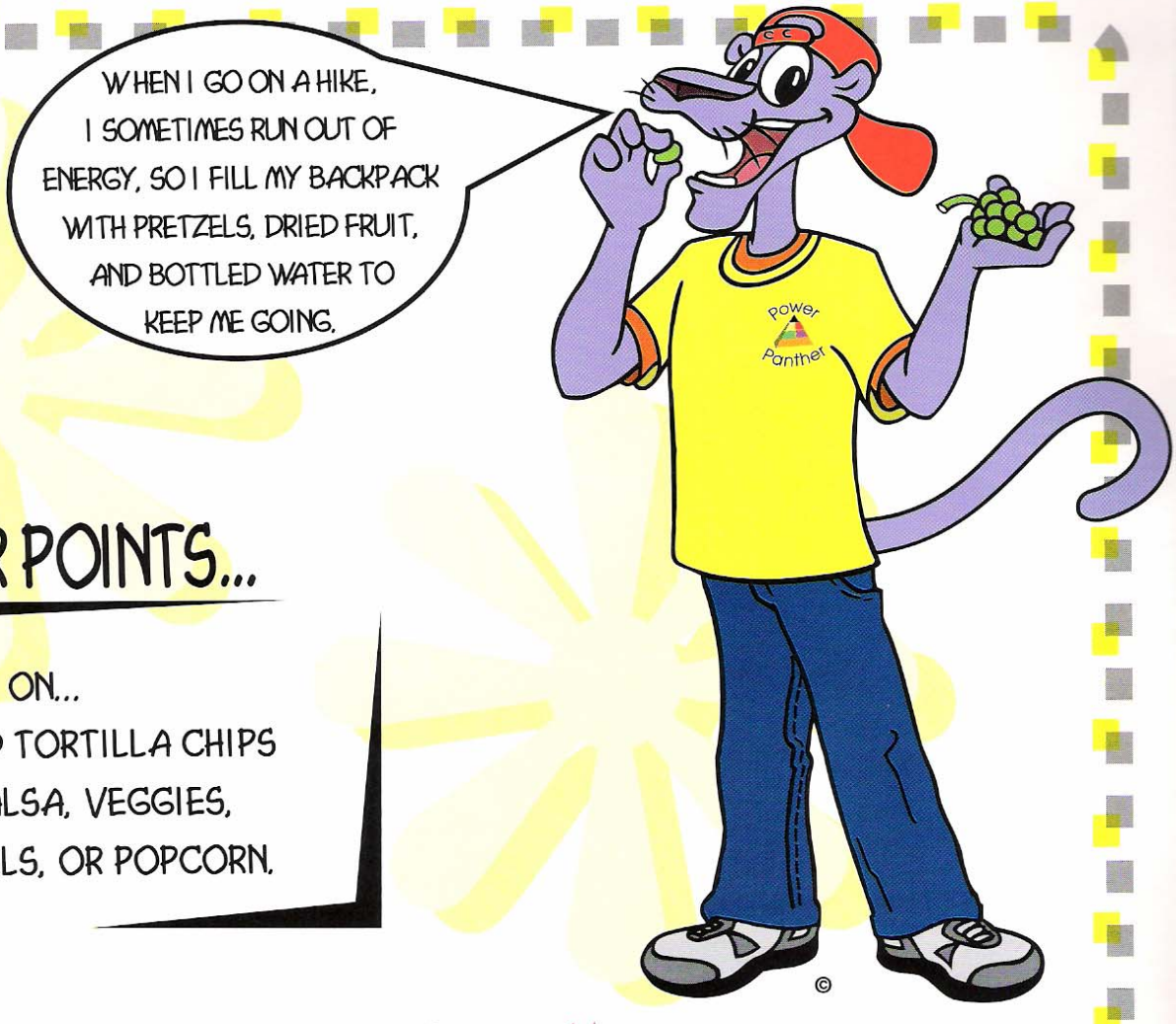
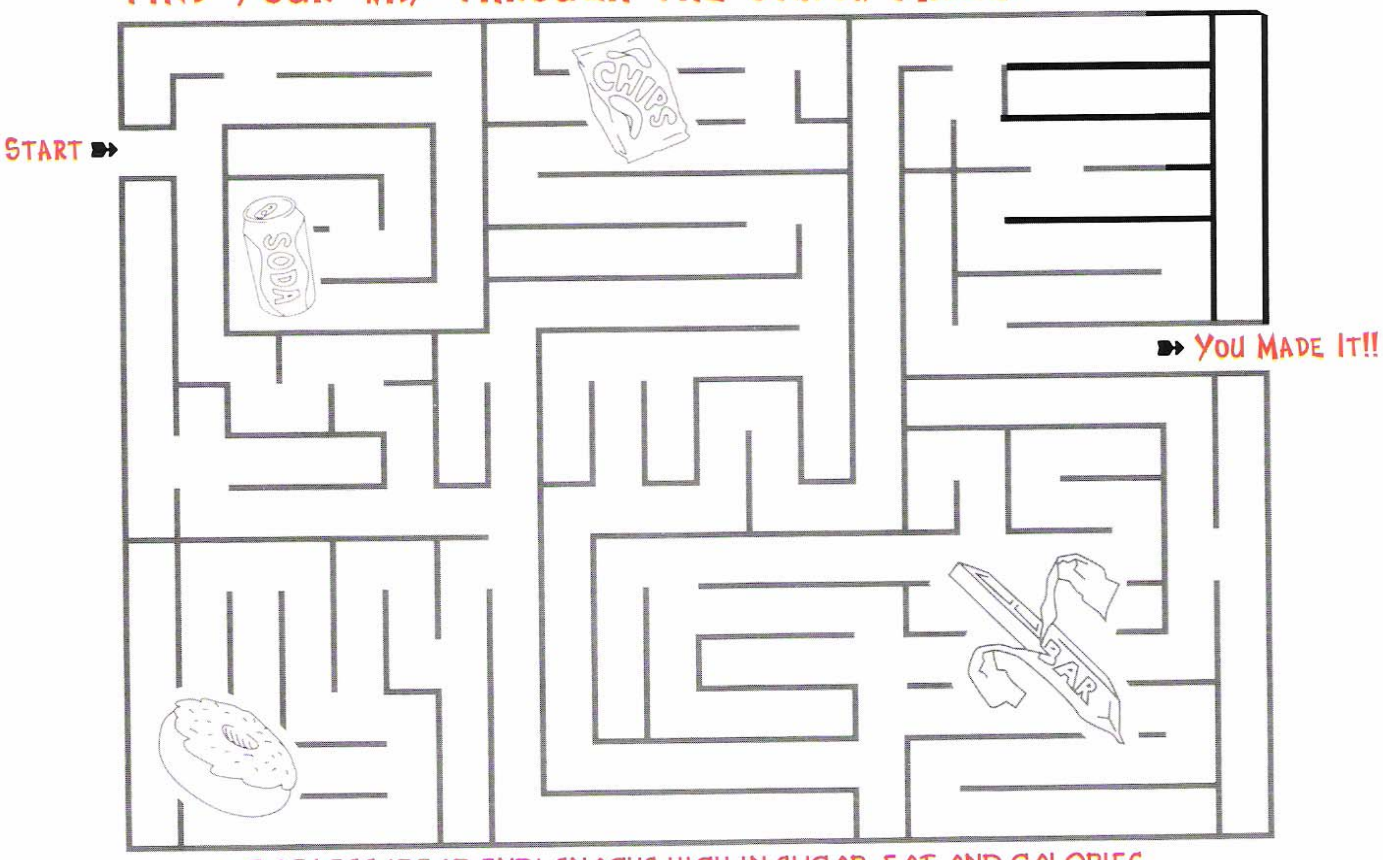


POWER POINTS...

MUNCH ON...
BAKED TORTILLA CHIPS AND SALSA, VEGGIES, PRETZELS, OR POPCORN.

FIND YOUR WAY THROUGH THE SNACK MAZE.



EAT LESS 'DEAD END' SNACKS HIGH IN SUGAR, FAT AND CALORIES.

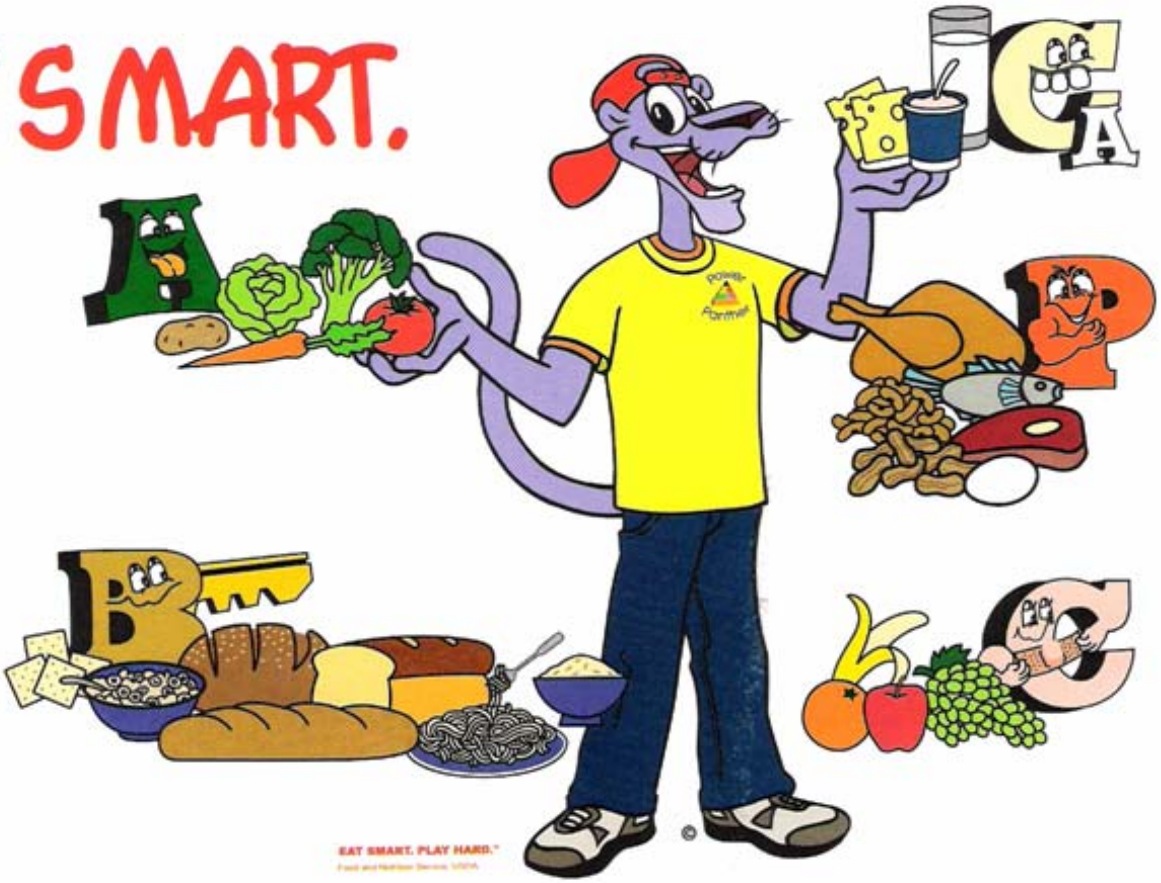
DRAW YOUR OWN POWER PANTHER

EAT SMART. PLAY HARD.™

Food and Nutrition Service, USDA

©

EAT SMART.



PLAY HARD.

SCHOOL MEALS HELP STUDENTS EAT SMART.

SCHOOL MEALS HELP KIDS DO WELL IN SCHOOL AND GROW UP HEALTHY!

SCHOOL MEALS MEET THE RECOMMENDED DIETARY ALLOWANCES (RDA) FOR PROTEIN, CALCIUM, IRON, VITAMIN A AND VITAMIN C.

- PROVIDE 1/3 OF THE RDA FOR LUNCH
- PROVIDE 1/4 OF THE RDA FOR BREAKFAST

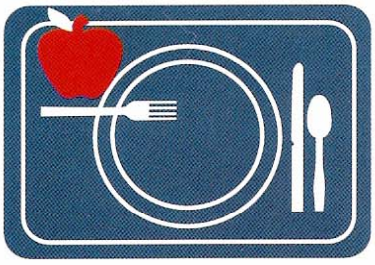
SCHOOL MEALS COMPLY WITH THE DIETARY GUIDELINES FOR AMERICANS.

- PROVIDE A VARIETY OF FOODS
- LIMIT TOTAL FAT TO 30% OR LESS OF CALORIES
- LIMIT SATURATED FAT TO 10% OR LESS OF CALORIES
- ARE LOW IN CHOLESTEROL
- INCLUDE PLENTY OF VEGETABLES, FRUITS AND GRAINS
- USE SALT IN MODERATION

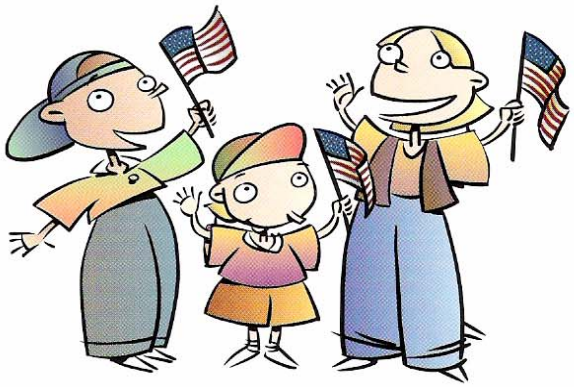
SCHOOL MEALS HELP STUDENTS PLAY HARD.

SCHOOL MEALS PREPARE STUDENTS TO LEARN AND GIVE THEM ENERGY!

SCHOOL MEALS MEET CALORIE GOALS THAT ARE APPROPRIATE FOR EACH STUDENT'S AGE/GRADE GROUP. ADEQUATE CALORIES PROVIDE THE ENERGY NECESSARY FOR GROWTH AND DEVELOPMENT.



SCHOOL MEALS PROVIDE A BALANCE BETWEEN OPTIMAL NUTRITION AND STUDENT ACCEPTANCE. EVERY SCHOOL DAY ACROSS AMERICA OVER **27 MILLION** CHILDREN ARE SERVED LUNCH IN MORE THAN **96,000 SCHOOLS.**



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