

# what's for lunch? look inside

Revolution Foods provides healthy meals for kids that exceed USDA child nutrition standards. Our food is made by hand in regional culinary centers. Take a bite into lunch!

## fresh fruit:

We offer seasonal, fresh fruit with every meal: No added sugars, nothing canned or frozen.



## vegetables

From crunchy carrots to leafy greens, a variety of veggies provides essential vitamins and nutrients.



## whole grains

Whole grains like wheat pasta and brown rice are high in fiber and protein.



## quality protein:

Our menu features lean beef and turkey meatballs, all white meat chicken, sodium nitrate-free deli turkey, and low-fat cheese and eggs.

**dairy:** rBST-free milk offered daily (student choice of 1% or nonfat)

✓ limits on added sugars

✓ no artificial colors, flavors, or sweeteners

✓ limits on sodium

## try a bite or a bunch!

this year, your student may have the chance to try new foods for the first time! by encouraging students to try everything more than once, you can help them form new healthy eating habits; research shows it can take up to 20 times for a child to warm up to unfamiliar foods.