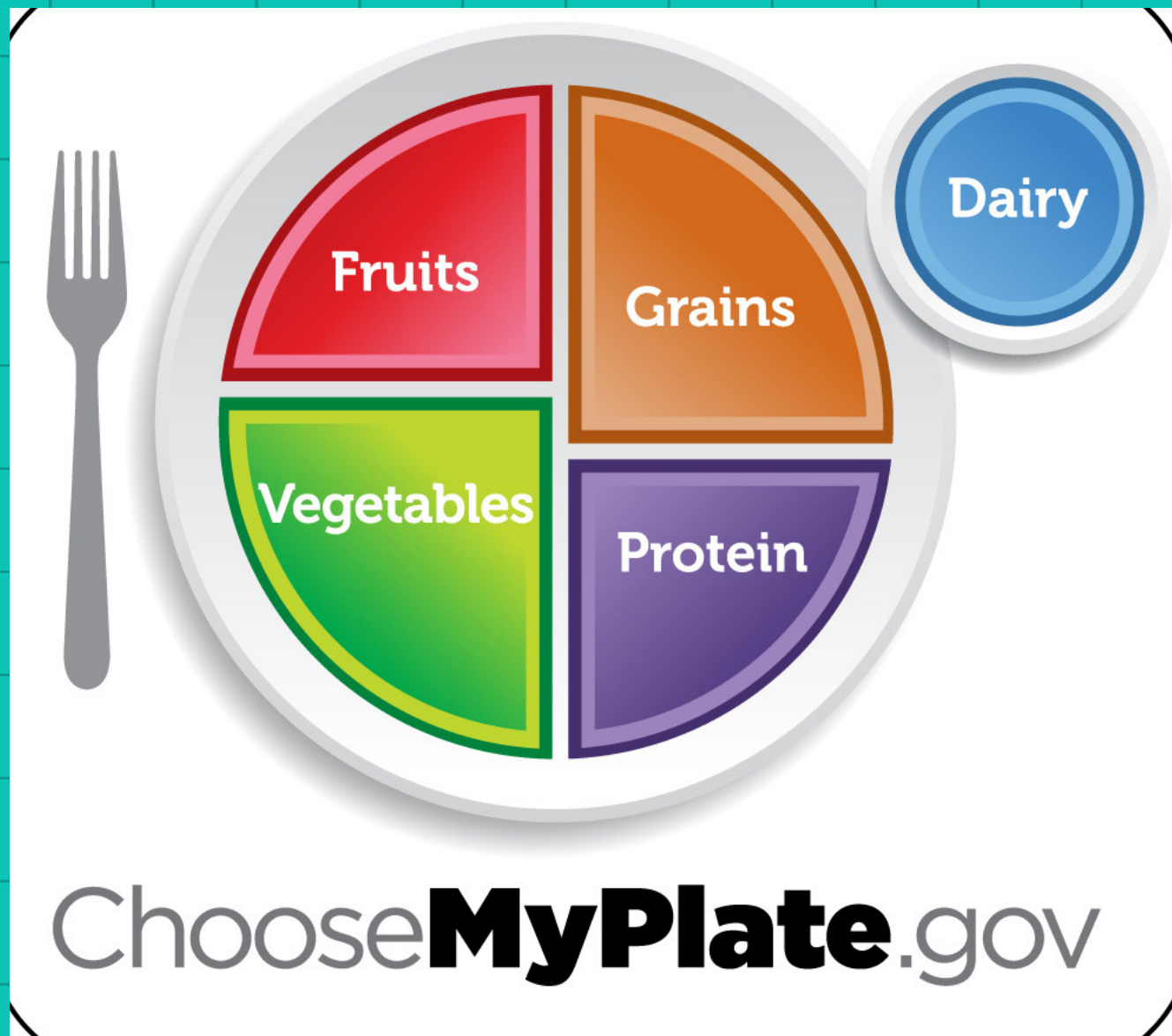


BAGGED VS TRAY



USDA School Guidelines follow the My Food Plate by focusing on offering a variety of proteins, whole grains, fruits, and vegetables daily.

10 minutes to pack a lunch/ day x
5 days / wk = 50 minutes per wk

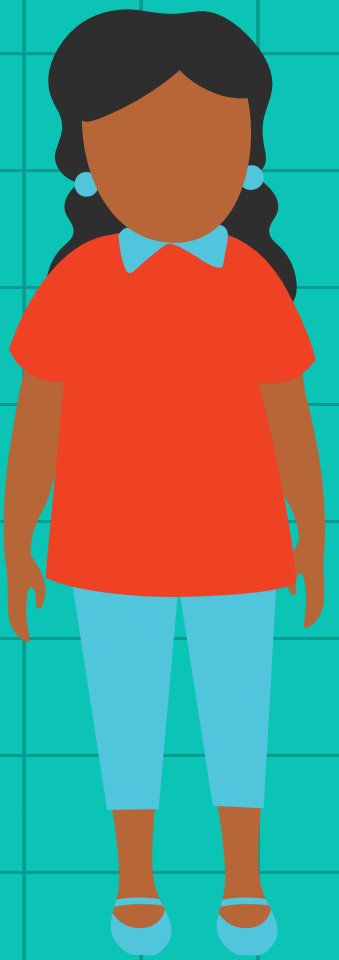
50 minutes / wk x 4 wks / month =
200 minutes per month

200 minutes / month x 9 months /
school year = 1800 minutes per
school year

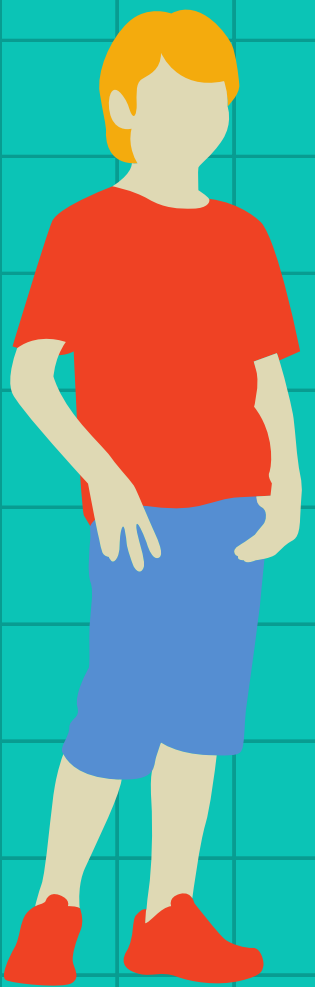
1800 minutes equals 30 hours of
time saved if your student buys
school lunch!

Offer Versus Serve

Studies show that when children are allowed to choose their foods, they are more likely to eat those foods.



UCPS - SNS offers a variety of options to allow students the opportunity to serve themselves what they want to consume.



PORTION CONTROL IS IMPORTANT FOR SCHOOL AGED CHILDREN. USDA SCHOOL GUIDELINES ENSURE STUDENTS DINING WITH THE CAFETERIA HAVE REGULATED PORTION SIZES APPROPRIATE FOR THEIR AGE GROUP.

