

# 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. Here's how!

## fresh fruit:

we offer seasonal, fresh fruit with every meal: no added sugars, nothing canned or frozen. Take a bite into lunch!



## vegetables

from crunchy carrots to leafy greens, a variety of veggies provides essential vitamins and nutrients for a healthy mind AND a healthy body



## whole grains

whole grains like wheat pasta and brown rice are high in fiber and protein – whole food for the whole student!

## quality protein:

our menu features lean beef and turkey meatballs, all white meat chicken, sodium nitrate-free sliced turkey, low-fat cheese, and real eggs. Bon appetit!

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

- ✓ limits on added sugars
- ✓ limits on sodium
- ✓ no artificial colors, flavors, or sweeteners

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## 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.

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