



BREAKFAST & LUNCH AT SCHOOL: SET THE TABLE FOR SUCCESS!

Fulton County School Nutrition Meals provide students with the nutrients needed to keep energy up and brains ready to learn!

Did you know? Studies show that National School Lunch participants are more likely to have adequate intakes of 10 essential vitamins & minerals.

Fulton County School Meals are planned to provide a daily variety of nutritious choices:

Weekly Nutrient Averages Provide:

- Less than 30% of total calories from fat
- Less than 10% of total calories from saturated fat
 - 1/3 Recommended Dietary Allowance (RDA) at lunch and ¼ RDA for breakfast for: Calories, Protein, Vitamin C, Vitamin A, Calcium, & Iron

Daily Options that Include:

- More whole grain choices: Check out whole wheat pasta, rolls, cereals, and more this year!
- Every day 4-5 fruits and vegetables are offered, with at least 1 fresh choice
- Lower Fat Milks: skim, 1% or skim flavored milks
- No use of trans-fats
- No fryers in elementary schools
- No MSG
- No artificial sweeteners



Food Safety:

All meals are prepared following strict food safety and sanitation practices that meet the Fulton County Health Department Food Code to ensure safe handling and temperature control of all foods prepared in the cafeteria. **Did you know?** A recent study reported that more than **90% of lunches brought from home were not at safe food temperatures**, increasing the risk for food-borne illnesses.

\$\$ Cost Effective:

Why did the meal price increase this year? As a result of the Healthy, Hunger-Free Kids Act of 2010, the law required an increase to begin the process of bringing the paid meal price in line with the free reimbursement from USDA. Even with the increase in paid meal price, school meals remain the best way to get the most nutritional value for your buck!

So take a closer look at our menus today, and join us for a nutritious breakfast and lunch this school year!

Check out our website for more menu and nutrition information: www.fultonschools.org/dept/schoolnutrition/

This institution is an equal opportunity provider