School Breakfast provides 1/4
and School Lunch provides 1/3
and School Lunch provides 1/3
of the nutrients and calories
most children need for the day.

# Free School Meals @ Champ's Café!

ALL Students may have a **FREE** breakfast and a **FREE** lunch <u>every</u> school day!

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### School Lunch vs. Bag Lunch from Home

School Lunch is Time Saving!

No preparation = less stress in the morning!

Just 10 minutes per day is 30 hours a year!

#### **School Lunch provides:**

More Protein, More Calcium, More Vitamin A, More Fruits and More Vegetables. School Lunch provides Fewer Calories, Less Fat, Less Sugar and Less Sodium than a bag lunch from home.

<u>Studies show</u> lunches packed at home contain more sweetened beverages, snack chips, desserts and fewer whole grains.

#### For the Champ's Café Monthly Menus:

https://yourcharlotteschools.nutrislice.com/m/OR yourcharlotteschools.net/Page/22363

## **ChooseMyPlate.gov** & USDA School Lunch

<u>Protein Foods:</u> Meat, poultry, cheese, yogurt, etc. provide many nutrients including protein and iron needed for growth.

<u>Grains:</u> Whole grains give Champ's Café customers B vitamins, minerals and fiber to help them feel fuller longer so they stay alert to concentrate in school.

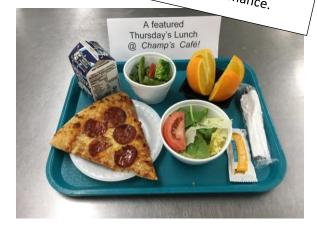
<u>Vegetables:</u> A variety of vegetables in 5 different color groups: red-orange, dark green, beans, peas & legumes, starchy and other vegetables are packed with vitamins and minerals, necessary for good health.

<u>Fruit:</u> Customers can choose fresh, frozen, canned or dried fruits with their school meal. Fruit is offered instead of juice to increase fiber.

<u>Milk:</u> Low-fat and fat-free milk are part of a nutritious meal. Children and teens need the calcium, protein and Vitamin D found in milk for strong bones, teeth and muscles.



Research shows that children with healthier eating patterns have better academic performance.



How can families help their children enjoy school lunch?

- --Review the menu with your child and make sure they know there are other options such as chef salads, deli sandwiches, yogurt & cheese, etc. besides the 'featured menu'.
- --<u>Try new foods at home</u> so children can increase their opportunities to try new foods.
- --<u>Have a conversation</u> with your child, asking them what they chose for breakfast and lunch at school and why! You might be surprised at their responses. ©

Live Well, Learn Well, Eat Well, Be Well!