

School Breakfast provides 1/4 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 every school day!

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



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.

Studies show 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

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

Grains: 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.

Vegetables: 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.

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

Milk: 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.



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'.

--**Try new foods at home** so children can increase their opportunities to try new foods.

--**Have a conversation** 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 !