



Nutri-Serve Welcomes You... **BACK 2 SCHOOL!**

**the
top 5**

Never Tried a School Meal? Now's the TIME & Here's Why **BENEFITS** of School Meals

1. Decision Making: Purchasing a school meal is an opportunity for your student to make a choice regarding his or her own health. **We encourage students to be proud and OWN THAT DECISION!**

2. Consistency: School meals are consistent in the food groups offered. For a student, this is **constant reinforcement** of what makes up a balanced meal.

Lunch: **PROTEIN, GRAIN, FRUIT, VEGGIE, MILK**

Students must take at least 3 out of the 5 components including a **FRUIT or **VEGGIE**.*

Breakfast: **PROTEIN, PROTEIN / GRAIN, FRUIT, MILK**

Students must take at least 3 out of the 4 components, one item must be a **FRUIT.*

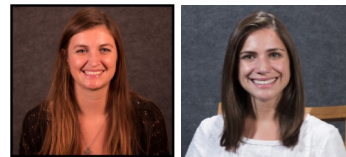
3. Healthy Peer Pressure To Try New Foods: We see a lot of **POSITIVE peer pressure** in cafeterias. Students are intrigued by what their friends are eating & are influenced by their reactions. This opens their minds to **NEW FOODS!**



4. The USDA Fruit & Veggie Requirement: Convincing every student to take a fruit or veggie with their meal? We say, **CHALLENGE ACCEPTED!** We LOVE introducing NEW healthy fruits & veggies as they are necessary in a healthy diet. So how do we combat these items ending up in the trash?

The POWER of CHOICE: *"Students given a CHOICE between carrots and celery ate 91% of the veggie taken vs 69% when carrots alone were offered."* - **Cornell Center for Behavioral Economics in Child Nutrition**

5. Learning the Social Behavior of Purchasing Something: For many students, purchasing a school meal may be one of the first times they buy something without the guidance of a parent. They have to learn to wait patiently in line, hand over money (or make sure they have it on a lunch account), and say "thank you". **ALL IMPORTANT LIFE SKILLS!**



Nutri-Serve meals are AFFORDABLE, healthy options for BUSY Families!

<u>Breakfast Prices (Served from 7:30-8 am Daily)</u>	<u>Lunch Prices</u> *Ala carte & snack options available daily
Regular: \$1.75 , Reduced \$0.30	Regular: \$3.75 Reduced \$0.40, Extra Entrée: \$1.25

If your child is free or reduced eligible for lunch, the same applies for breakfast!

For your convenience, **online prepayments** are possible using the site www.schoolpaymentportal.com with your child's student ID. Cash or a check can also be applied to your child's account by any cashier.

Looking forward to a fun & healthy school year!

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