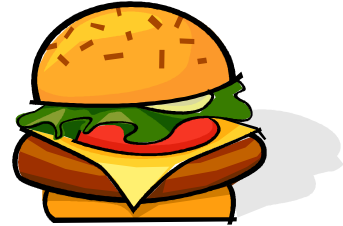


DID YOU KNOW....

- ...St. Francis of Assisi School participates in the National School Lunch Program?

- Each meal served must include:
 - 2 oz meat or meat alternate
 - At least cup fruit and or veggies
 - At least 12 bread servings per week
 - At least 8 oz lowfat milk



- ...School Meals must follow the American Dietary Guidelines?

- ... SFAB now serves new flavors of milk?

- Drinking milk is very important to build healthy bones. The calcium and vitamin D in milk help to ensure strong bones, but 9 out of 10 girls, and 7 out of 10 boys do not get enough calcium in their diets.



- ...it is recommended to eat 5-9 servings of fruits or vegetables every day?

- A School Meal contains at least 2 servings of fruits and veggies.
- A serving of fruit or veggies is a half cup, or a small (2.5" diameter- about the size of a tennis ball) apple, or 4 oz 100% juice.



- ... the benefits of eating more fruits and veggies?

- Reduced risk of cancer
- Reduced risk of diabetes
- Increased Vitamin C- helps prevent colds
- Increased Vitamin A- helps with eyesight and cell function
- Increased fiber- helps you feel satisfied, and able to better maintain a healthy weight.

