



## National School Lunch Program Parent Fact Sheet

### Q *What is the National School Lunch Program?*

The National School Lunch Program is a program that receives money from the Federal government to provide lunch in school. Schools that participate must serve lunches that meet Federal requirements. Schools must also offer free or reduced-price lunches to eligible children.

Colorful vegetables!  
Delicious fruits!  
Fresh, cold milk!

School lunch serves up good nutrition in an enjoyable way. Kid-friendly and value-priced, school lunch is a quick, low-cost (or free) option for today's busy families.

Here are some facts about the National School Lunch Program.

### Q *Why should children eat school lunch?*

- Students will eat healthful foods that have important nutrients, such as vitamins and minerals.
- Children who eat a healthful lunch learn better.
- Students who eat a school lunch eat more vegetables at lunchtime than students who don't eat a school lunch. They also drink more milk.

*continued on other side...*

