MAKE A SCHOOL LUNCH DATE!

School meals are healthier than they’ve ever been. What’s on the menu at your child’s school?

Making a lunch date to eat with your child at school is a great way to encourage healthy eating habits and support school leaders. Follow these tips:

TIP 1
Look at the menu with your child to plan ahead for your lunchroom visit.

TIP 2
While in the lunch line, talk with your child about the choices. Encourage him or her to try a new fruit or vegetable.

TIP 3
After your meal, share feedback with school nutrition staff and thank them for their efforts. Ask how you can help ensure healthy foods are always offered.

TIP 4
Share your support for healthy school meals with the principal. Ask how she or he is helping the school nutrition program.

#CafeteriaDate

Learn more at www.thelunchtray.com/cafeteriadate