It's not just school lunch. It's bigger than that.
GET THE FACTS.

SCHOOL LUNCH MYTHS

Myth #1: School lunch does not provide enough calories for active, growing children.

Truth: School lunches should meet about one-third of children's daily calorie needs. The calorie ranges for school lunches meet this need for most children.

Myth #2: School cafeterias only serve prepackaged food.

Truth: More than 2.7 million dollars of fresh fruit and vegetables is provided to Iowa schools through the Department of Defense Fresh Fruit and Vegetable Program. This number has increased 26% from last school year. This is in addition to what Iowa schools purchase with their existing budget.

Myth #3: School food is not healthy.

Truth: The new standards for school lunches reflect the latest in nutrition science. The new school lunches include fruits, veggies, whole grains, lean protein, and low-fat or fat-free milk. States that started using the new standards early (prior to the 2012-2013 school year) are already showing signs of improvement in children's health. Now that the new standards are universal, wider-reaching benefits are expected.

Source: Taber, D. R., Chriqui, J. F., Powell, L, & Chaloupka, F. J. (2013). Association between state laws governing school meal nutrition content and student weight status: Implications for new USDA school meal standards. *JAMA Pediatr.*, 167(6): 513-519.

FOR MORE FACTS ABOUT SCHOOL LUNCH VISIT:

schoolmeals.educateiowa.gov

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