

WELLNESS IS A WAY OF LIFE!™

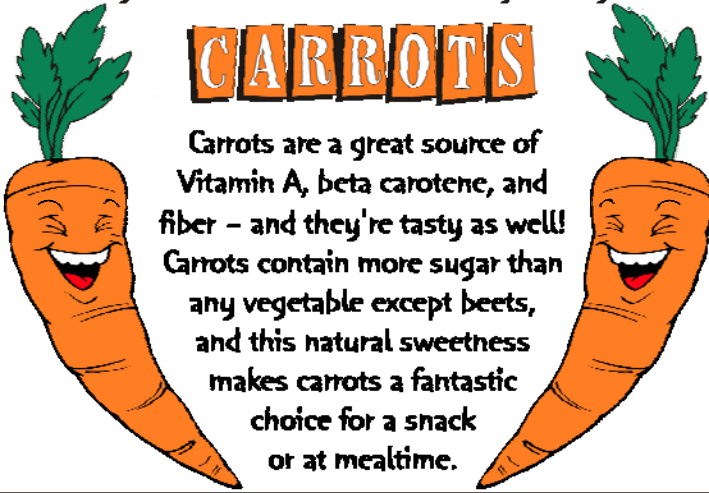
HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

CARROTS

Carrots are a great source of Vitamin A, beta carotene, and fiber – and they're tasty as well! Carrots contain more sugar than any vegetable except beets, and this natural sweetness makes carrots a fantastic choice for a snack or at mealtime.



PLAY HARDER

Over 18 million American kids, adolescents, and young adults play soccer in youth leagues, high school, and college. Soccer is great fun – but it's great exercise, too. Think of all the running you do during an hour of practice: in that short time, the average kid can burn up to 700 calories just by having fun and running around!



LEARN EASIER

Keep your backpack organized and you'll do better in school! When you get home each day, take everything out of your backpack and divide it up – stuff that stays home, homework for that night, stuff that needs to be signed, etc. Before you go to bed, get it ready to go again for the morning.



One item on our menu hasn't changed for 60 years.

One item's always on your child's School Meals menu: Education. Because when your kids regularly eat balanced, nutritious meals they concentrate better in class. They participate more enthusiastically. And they learn better. It's just that simple.

Simple, yet beautiful. Our School Meals program provides a community service that helps make educating kids easier and more effective.

Convenient, economical, healthy School Meals. Because education should always be at the top of the menu.

LIVE HEALTHIER



Every vitamin does something special for your health. Vitamin D helps build strong bones and teeth. Dairy products, fish, and fortified cereal are good sources of vitamin D, and your body can also make vitamin D from sunlight – that's why it's called the Sunshine Vitamin!

School Meals

We serve education every day™