

Attention Parents!



"School Lunch—What's on Your Tray?" helps children learn that eating a healthy and nutritious school lunch is essential to help them get the most out of their action-packed day! The highlight of the "School Lunch—What's on Your Tray?" campaign is a personality quiz that allows children to identify their school lunch profile and learn which foods will keep them healthy, active and going strong!

What's on Your Child's Tray?

Serving nearly 31 million children every school day, the federally funded National School Lunch Program (NSLP) provides nutritionally balanced low-cost and free meals to students. The program requires school meals to meet federal nutrition standards. Dietary guidelines dictate:

- No more than 30 percent of calories can come from fat and less than 10 percent from saturated fat.
- Over the course of one week, lunches must provide $\frac{1}{3}$ of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories.
- Well-balanced school lunches must include protein, fruits and vegetables, grains and lowfat milk and be served in age-appropriate portions.

Take the quiz with your child today at www.whatsonyourtray.org and find out if they are:



Get Involved

Learn about the benefits of school lunch and help your child learn about the importance of eating healthy and being active. Talk to your school cafeteria manager to find out more.

For additional information about the School Nutrition Association (SNA), and school meals, please contact SNA at (800) 877-8822 or visit us online at www.traytalk.com.

Made possible by:



Attention Students!



What's on Your Tray says a lot about you!

"What's on Your Tray?" Personality Quiz

What's on your tray every day says a lot about you! Take the personality quiz to discover what your favorite foods and activities reveal about you. Plus, you might pick up a few healthy eating tips along the way!

Find out if you are balanced, chilled, creative, radiant or strong at www.whatsonyourtray.org.



CREATIVE

STRONG

RADIANT

BALANCED

"What's On Your Tray?" Word Search

L	E	V	I	T	A	E	R	C	H	I
O	N	G	S	T	R	G	C	H	I	L
W	H	O	L	E	G	R	A	I	N	S
F	R	U	V	E	G	A	T	L	I	T
A	S	T	R	O	N	G	A	L	E	I
T	T	S	R	S	E	L	B	E	T	U
M	B	A	L	A	N	C	E	D	O	R
I	L	L	T	N	A	I	D	A	R	F
L	E	G	R	A	P	R	O	R	P	E
K	S	E	L	B	A	T	E	G	E	V

Can you find the "What's On Your Tray" personalities and healthy food groups in the word search? Words can be written forwards or backwards.

- Balanced
- Chilled
- Creative
- Radiant
- Vegetables
- Fruits
- Lowfat Milk
- Protein
- Strong
- Whole Grains

www.whatsonyourtray.org

Check out this cool site to find a tray full of activities and information, including the "What's on Your Tray?" personality quiz, memory game and easy nutrition tips.

Did you know?
A healthy and balanced school lunch should include the following:

- Fruits
- Protein
- Whole Grains
- Lowfat Milk
- Vegetables

CHILLED



www.whatsonyourtray.org