











# Top 10 Reasons to choose school lunch

Over 1,800 student nutrition employees strive to meet the program's vision to provide high quality, healthy, and affordable meals for all students in Hillsborough County Public Schools.



-  All menu items contain zero grams of trans fats; limited sugar
-  Menus provide a good source of whole grains
-  Vegetarian/Vegan options are offered on a daily basis
-  All juices are 100% fruit juice and fortified with vitamins A, D, C and Calcium
-  All products are kid tested and approved before they are menued
-  A variety of fruit and vegetable options are available with all entrees
-  All milk is low fat and hormone-free
-  Fresh entree salads are served with low fat dressings
-  Food is prepared and served under safe and sanitary conditions that meet state and national guidelines
-  Costs less than bringing an equally nutritious lunch from home or other eateries



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