

LCSD2 SCHOOL LUNCH PROGRAM

Lincoln County School District #2 works hard to plan and prepare healthy meals for all children in the district. We make many of our menu items from scratch and are constantly striving to serve nutritious and well-balanced meals. We also meet federal guidelines for the National School Lunch and Breakfast Program.

Here are the nutrition guidelines we follow for our lunch program:

- No more than 30% of the calories in the meal can come from fat
- No more than 10% of the calories in the meal can come from saturated fat
- The meal must provide 1/3 of the Recommended Dietary Allowance (RDA) for calories
- The meal must provide 1/3 of the RDA for vitamin A, vitamin C and calcium
- Sodium content must be less than or equal to 1200 mg per meal