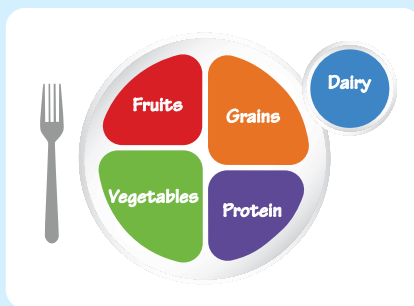


What's on the Menu?

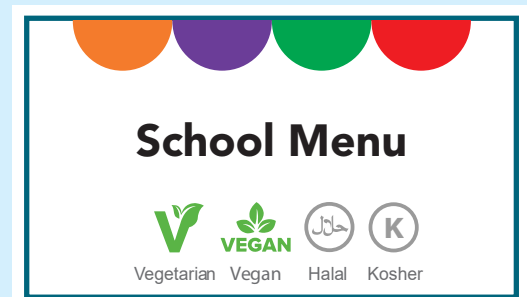
Introducing New Menu Cards: Fuel Your Day with Balanced Nutrition!

We're excited to present our new menu cards designed to help students select foods that fuel their day and fit their preferences.

Each color-coded section on the card represents a different food group:



- **Fruits**
- **Vegetables**
- **Whole Grains**
- **Protein**
- **Dairy or Dairy Substitute**



Students are encouraged to build their trays by choosing items from at least 3-5 food groups, including a fruit or vegetable, for a nutritious and satisfying meal. The menu cards aim to make it easy and fun for students to create balanced meals that support their health and well-being.

Menu cards also help students identify Vegetarian, Vegan, Kosher, or Halal items in the cafeteria. Here's what each symbol represents:



Vegetarian

Does not contain meat, poultry, or fish; may contain eggs and/or dairy



Vegan

Does not contain meat, poultry, fish, eggs, dairy or animal-based products



Halal

Suitable for a halal diet*



Kosher

Suitable for a kosher diet*

** Meat products are not certified halal and kosher. FCPS does not provide meals containing pork. FCPS does not have a certified Kosher kitchen.*



Learn more about our menu and dietary accommodations at
<https://www.fcps.edu/services/families-and-caregivers/food-and-nutrition>