



# Just the Facts!

## Serving School Meals That Meet the 2010 Dietary Guidelines for Americans and the School Meal Patterns

### Where To Find Them

These fact sheets provide practical tips to update menus and recipes and offer suggestions for making gradual changes to help students develop a taste for new menu items. The complete collection of fact sheets is available at the Team Nutrition Web site:

[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

### More Information

Look for additional training opportunities, resources, and tools on serving healthy menus that meet school meal regulations and the 2010 DGA recommendations that are available through:

- National Food Service Management Institute (NFSMI) at [www.nfsmi.org](http://www.nfsmi.org),
- The Best Practices Sharing Center for State Agencies and School Food Authorities at the National Agricultural Library Food and Nutrition Information Center (NAL FNIC) at <http://healthymeals.nal.usda.gov/best-practices-sharing-center>, or
- Your State agency.

**T**hese fact sheets were developed by USDA's Food and Nutrition Service (FNS) to help schools implement the major recommendations from the *2010 Dietary Guidelines for Americans* (DGA), the nutrition foundation for all school meals programs. Schools can use these fact sheets to incorporate the 2010 DGA recommendations within the school meal pattern requirements and nutrition standards. The series of fact sheets addresses the following key topics:

- Use Low-fat Milk, Cheese, and Yogurt
- Jazz Up Your Menus With Fruits
- Vary Your Vegetables
- Serve More Dry Beans and Peas
- Serve More Whole Grains
- Limit Saturated Fat
- Trim *Trans* Fat
- Be Salt Savvy – Cut Back on Sodium
- Meeting the Challenge of Rising Food Costs

