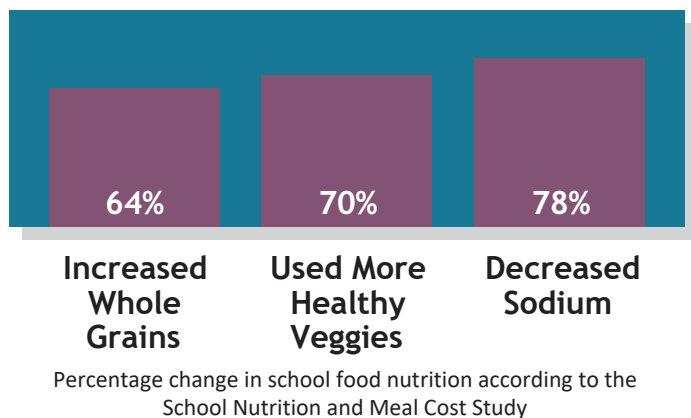


School Meals Fuel Students

See how much healthier school meals are these days and how students perform better when they are well-nourished.

Healthier than you may remember

Over the years, nutrition standards have continued to get stronger, making school meals healthier and healthier.

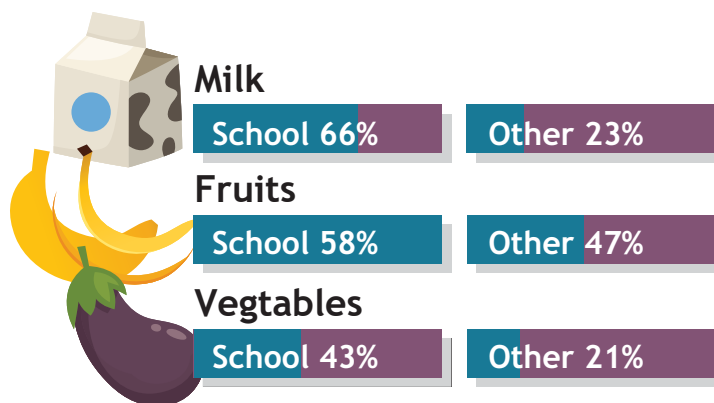


On average, students who eat breakfast perform better on:

- ✓ Standardized Tests
- ✓ Mathematical Tasks
- ✓ Vocabulary Tests
- ✓ Demanding Mental Tasks



Students who ate school lunches were more likely to consume milk, fruits and vegetables than students who ate lunches from home or other sources.



Percentage of students consuming each category of food, based on the source of their meal, according to the School Nutrition and Meal Cost Study.

More schools use fresh, local ingredients

544,445 Colorado students have access to farm-to-school programs. That's enough to fill Coors Field more than 10 times.



COLORADO
Department of Education
School Nutrition

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