

Know the Facts About Opaa! School Lunch

What You Need to Know About Opaa! Nutrition Programs!

Our Core Programs are providing School Breakfast and School Lunch for Missouri Students following USDA and Missouri Department of Education Guidelines for School Meals.

Quick Facts!

- Students who consume school meals perform their best academically
- Healthy eating correlates with less trips to the school nurse and less absenteeism
- Students who eat school meals provided through the NSLP by Opaa! are more likely to be at a healthy weight
- NSLP participants are more likely than non-participants to consume vegetables and milk or milk products, meat and other protein rich foods at lunch. Over 24 hours; they consume less soda and or fruit drinks
- The benefit is especially relevant for kids and their parents in today's climate of heightened awareness of obesity issues
- Students are less likely to gain weight during the school year when in school than during the summer when school is out.

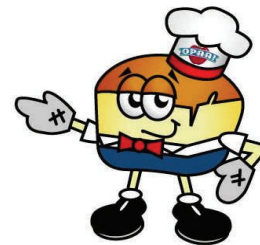
Opaa! School Lunch provides more calcium, whole grain, fiber, Vitamin C, Vitamin A and less sodium than the packaged items typically sent in a lunch from home. Take a look at a comparison between one of the most popular items sent from home and a meal served by the Opaa! Staff:

Lunchables Stackers Ham and Cheese

- 6 crackers
- 6 ham rounds
- 6 cheese squares
- 1 Air Head Candy
- 1 Capri Sun—no fruit juice

Opaa! -

- Ham and Cheese Sandwich on whole wheat
- Mini Carrots w/Dip
- Fresh Pear
- Oat-Rageous Cookie
- Milk



Note that the Lunchable contains a drink with no fruit juice or calcium and Opaa! offers 1% or skim milk with every meal. You won't find any fresh fruit in the Lunchable; but, Opaa! offers a variety of fresh and canned fruit with meals. Opaa! is here to "Make Your Day" and that means providing nutritionally for your student with every meal served in the cafeteria by our Opaa! staff!!



When purchasing items such as Lunchables you may spend as much as \$2.49 for a meal, whereas school lunches typically cost much less. The School Lunch value is that **any** student may enjoy the School Meal and if enrolled in the **free lunch program there is no charge** if the student is enrolled in the **reduced program the cost is only \$.40**. Check with your child's school today, and see for yourself, what an outstanding value student meals are in your school district.