

Dear Principals and Parents:

At Sodexo we strive to improve the quality of life of all our customers. By doing that we aim to provide high quality, nutritious meals to the students every day. When your child eats school meals with Sodexo you'll find there are many benefits compared to the competition:

- Minimum of 6 fresh or canned fruits and vegetables offered daily
- Four entrees offered daily: 2 hot and 2 cold
- Extremely reasonable prices compared to purchasing already made meals to bring from home
- Cold milk offered at all meals
- No worry about illness from food sitting at room temperature for hours.
- All school meals are packed with nutrition. Whole grains are used in all bread products and lower sodium products but are still built with flavor.
- Convenience of paying for meals online and fast, friendly customer service

Below is a see a side-by-side nutritional comparison of a school lunch and an Oscar Mayer Lunchable. As evidenced by the numbers below, the Lunchable falls short of providing adequate nutrition for students.

	School Meal-Chicken Patty Sandwich on whole grain bun, carrot sticks, diced pears, chocolate milk, and ketchup	Oscar Mayer Lunchable©-Ham & Cheese Cracker Stackers, Capri Sun Roarin Waters Drink, Butterfinger Candy Bar
Calories	655	330
Fiber	9.0 g	< 1 g
Saturated Fat	2.5 g	6 g
Trans Fat	0 g	0 g
Added Sugars	18 g	21 g
Protein	31.4g	11 g
Vitamin A	10592 IU (81% daily needs)	4% daily needs
Vitamin C	6.1 mg (24% daily needs)	15% daily needs
Calcium	562.5 mg (43% daily needs)	15 % daily needs
Iron	4.4 mg (27% daily needs)	8% daily needs

*Recommended Daily Allowances (RDA) for 10 year old male and female from the US Food and Nutrition Board

This information is provided to help you and your child make a better choice for their health and well-being. Let Sodexo improve the school meal experience for your child and give you peace of mind knowing your child is receiving the nutrition they need while keeping more money in your pocket.