

Did You Know?

* School Lunch is the BEST deal in town! School meals are nutritious and affordable.

*EBR Always
Keeping you healthy!!!*



Did You Know?

* Breakfast is free to all students in East Baton Rouge Parish Schools.

What a Deal and it's Healthy too!!



Did You Know?

- Many different fresh fruits and vegetables are offered for school lunch. Some fresh items offered include:
- fresh apples, oranges, grapes, cantaloupe, watermelon, strawberries, broccoli, & carrots.

Healthy, Healthy, Healthy!!!

Did You Know?

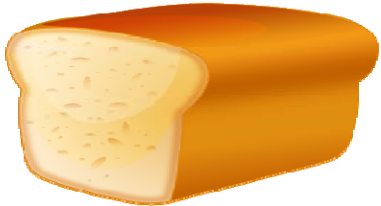

** The cafeteria does not fry any foods for school meals which keeps fat and calories at a lower level.*

Isn't that healthy!!!



White or Wheat Bread!

Do you Know Which Bread is Better for Your Health?

<i>WHITE REFINED BREAD</i>	OR	<i>WHOLE GRAIN BREAD</i>
<p data-bbox="69 673 777 885">A slice of commercially prepared white bread has approx.:</p> <p data-bbox="220 966 619 1161">66 calories 1.9 gm protein 0.6 gm fiber</p> 	<p data-bbox="819 1015 1365 1469">Did you know that East Baton Rouge Schools serve whole wheat sliced bread, rolls, pancakes, and pizza that has whole wheat crust?</p>	<p data-bbox="1470 673 1974 885">A slice of whole wheat bread has approx.:</p> <p data-bbox="1512 966 1921 1161">69 calories 3.6 gm protein 1.9 gm fiber</p> 

Whole Grains have more protein and fiber than refined bread products!!!



Flavored Milk

It is better to drink flavored milk than to drink no milk at all!

Did you Know -

All milk offered in EBRP Schools is low fat milk. Even strawberry, & chocolate milk is made with low fat milk.

Did you Know -

When children are offered milk they like, they drink more milk.



Did you Know -

Milk is a rich source of calcium, protein, vitamin D, vitamin A, vitamin B12, phosphorus, riboflavin, potassium and niacin which helps to develop strong bones & teeth.

Milk is packed with nutrients and it is nutritionally superior to soft drinks.



EBRP Schools Serve Healthy Meals

Did you Know ... Eating at School is Healthy



More beans have been added to EBR menus which increases fiber in the diet. Red beans, white beans and baked beans are offered.



Foods served by the EBR Child Nutrition Program on the after school snack menu meet the wellness standards as determined by the Pennington Biomedical Research Center.



No foods are fried in EBRP school cafeterias. All foods served for breakfast and lunch are baked, steamed, or braised.

For Healthy Eating, Eat Breakfast and Lunch at School!