USDA Foods and Today's School Lunch
Video Companion Guide
Video TRT: 5min, 45 sec (00:05:45)

Overview
Chances are, today's school lunch isn't what you remember. Through the National School Lunch Program (NSLP), USDA Foods offers a variety of low-fat and low-sodium options, and more fruits, vegetables and whole grains that are helping schools prepare meals that are healthier and tastier than ever before. This video shows how some schools are using a variety of USDA Foods to help prepare nutritious meals that kids love.

Audience
Using *USDA Foods and Today's School Lunch* is appropriate for any audience but may be most useful for:

- **Child nutrition professionals** interested in the variety of healthful USDA Foods available through the National School Lunch Program.

- **School administrators** interested in learning more about how USDA Foods can help stretch school meal budgets.

Use
This video is a product of USDA and the USDA Foods program. It was developed for informational purposes and may be:

- Posted and shared online.
- Previewed at conferences and meetings.
- Shared at school board and other public meetings.
- Disseminated to Parent Teacher Associations (PTA) and others interested in school lunch.