



## Wholesome and Healthy Choices

Looking for a healthy meal choice? Look no further than our 3 leaf icon across your school lunch menus! The Wholesome and Healthy icon denotes complete meal choices that meet a set of dietitian approved nutrition criteria.

The Wholesome and Healthy meal choice must consist of a lean protein, grain (whole grain when possible), and a fruit or vegetable and meet the following criteria:

- 1) 30% or less calories from fat
- 2) 10% or less total calories from saturated fat
- 3) At least 3 grams of fiber
- 4) WFS recommends one serving of low fat or nonfat milk (from home or from your school milk program) accompanies a Wholesome and Healthy meal choice.



To identify additional healthy choices:

- Look for the Whole Grain icon. The WG icon on our menu indicates a whole grain option is available.
- Combine a la carte selections. Many of our entree items paired with a side of fruit or vegetables comprise a healthy meal.
- If you are looking for vegetarian or gluten free options, you can also find these choices designated on our menus.

In addition, whenever possible, we work with restaurant partners that limit the use of processed foods and artificial ingredients, use organic and natural ingredients and prepare food from scratch. For example, Wahoo's uses only wild caught fish and H&A free chicken and California Pizza Kitchen sources premium ingredients and hand-cuts fresh fruits, vegetables and herbs in their kitchens on a daily basis.

Questions? Email us at [support@wholesomefoods.com](mailto:support@wholesomefoods.com) for assistance. Thank you for supporting your school lunch program!