

SMARTER NUTRITION



health. happy. quality.  
flavor. well-balanced  
nutritious. experience. informed  
proactive.



**We're passionate about healthy  
school meals that kids love to eat!**

At Preferred Meals, we have almost 50 years of experience in school foodservice and always stay informed and proactive in terms of federal meal program legislation. Trust our experts to provide nutritionally balanced meals made with quality ingredients that will keep your menus student focused while meeting USDA requirements.





# Preferred Meals:

When it comes to federal meal regulations, we're up to the challenge!

**"With Preferred, everything has changed for the better. Our students are enjoying these healthy and well-balanced meals, and there is minimal waste. And, our teachers and even parents are reporting to us that they are very satisfied with quality and the weekly menu options available."**

*Justin Samples, Food Service Director,  
Maya Angelou Public Charter School*

All Preferred Meals offerings meet the requirements outlined in the National School Meal Programs. Recent updates to the program increase the availability of fruits, vegetables and whole grains, set specific calorie and saturated fat limits, and reduce the sodium content of meals and snacks served in schools. Preferred Meals is proud to be ahead of the curve with offerings meeting the 2017 sodium targets.

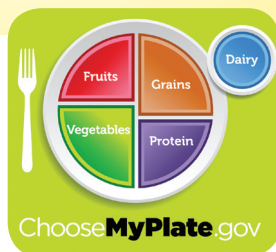
We keep our customers abreast of changes to the guidelines set forward in these federal programs and provide all of the necessary data to support our nutritional claims. **But health means nothing unless your students love the way their meals taste.**

We achieve a balance of nutritional benefits and great flavor with our initiative to increase clean-label meals, striving to source high-quality local ingredients whenever possible. Here are some of the ways we do it:

## Making great strides.

We also help our schools achieve recognition for their efforts to improve nutritional well-being.

- Menu options to meet requirements set forth by the HealthierUS School Challenge
- Meals are labeled and validated by the USDA Child Nutrition (CN) Labeling Program



NEVER  
FRIED

0g  
TRANS  
FAT

FRESH  
FRUITS AND  
VEGETABLES

LOWER  
FAT

CN  
LABELED

NO HIGH-  
FRUCTOSE  
CORN  
SYRUP

REDUCTION  
OF  
SODIUM

FEWER  
ARTIFICIAL  
COLORS/  
FLAVORS

100%  
WHOLE  
GRAIN  
RICH

LEANER  
PROTEINS

Research shows that school lunches contain

**2x** the amount of fruit and **7x** the amount of veggies

as lunches brought from home.\*\*

\*United States Department of Agriculture, Food and Nutrition Service website

\*\*School Nutrition Association, 2008

menu development and training • food and equipment delivery • meal preparation and service • merchandising and promotions