It's not just school lunch. It's bigger than that.

IT'S TRYING A NEW VEGETABLE.
KALE CHIPS

School meals now do a better job of giving your kids the healthy foods they need. Provide some of the new foods offered in the school cafeteria at home. Some examples include: spinach, cherry tomatoes, legumes, sweet potatoes and kale. Need a fun recipe for kale? Here you go!

**Produce:** 12, ½ cup servings 

**Ingredients:**
- 1 pound of kale, rinsed and dried
- 2 tablespoons olive oil
- 2 teaspoons of salt

**Instructions:**
1. Preheat oven to 450 degrees.
2. Remove the stems from the kale leaves and cut into 4-5 inch pieces.
3. Toss kale pieces with olive oil and salt.
4. Spread kale on a baking sheet and place in oven. Turn the oven off.
5. Bake for 15 minutes and remove from oven.
6. Let cool and enjoy!

For other great recipes that kids will love, visit: [www.eatright.org/kids/](http://www.eatright.org/kids/)

For more FACTS ABOUT SCHOOL LUNCH VISIT: [schoolmeals.educateiowa.gov](http://schoolmeals.educateiowa.gov)

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