

Student Meals

A School Lunch Consists of Five Food Items:

- ☑ One (1) serving of milk component (low fat or skim)
- ☑ Bread component (sandwich bun, bread, pizza crust, pasta, rice, tortilla shells, crackers)
- ☑ Meat component (otherwise known as a protein, such as in any type of meat, fish, poultry, cheese, eggs,
 - The Bread and Meat are combined ex. Pizza Slice, Sandwich
 - We call them an Entrée and only 1 Entrée is included in a meal
- ☑ Fruit component (all fresh, dried, canned, frozen and also 100% pure fruit juice)
- ☑ Vegetable component (all raw and cooked vegetables,)
 - Students may choose up to 4 (½) cup servings of fruits and vegetables – (only 1 may be a juice)

Students must choose 3 of the 5 food items.

They MUST have ½ cup fruit or vegetable on their tray for it to be considered a meal.

Examples:

Cheeseburger, seasoned broccoli, milk. Yes, the cheeseburger contains the Meat Component and the Bread Component, they have the required fruit/vegetable and Milk. They chose 4 of the 5 components.

Cheeseburger and Milk. No this does not meet because they have a Bread, Meat, and Milk which is 3, but they have to have the fruit/vegetable serving.

Cheeseburger and an apple. Yes, they have the Bread, Meat and Fruit serving, they declined the Milk Component and the Vegetable Component so they have 3 of the 5.

Student Lunch- \$3.00 and Reduced Lunch - \$.40

A la carte items are available.

Ala Carte items **ARE NOT** part of the Student Lunch. (Full, Reduced or Free)

Examples of Ala Carte Items: Bottled beverages (bottled water does not come with a meal), chips, snacks, cookies, 2nd Entrée, etc.

Prices for these items are posted in the cafeteria.

Students are expected to maintain a positive cafeteria account balance.

Menus are posted in the Cafeteria and On-Line.

Breakfast is Served Daily in the Cafeteria from 7:00 – 7:30.

If you have been approved for Free or Reduced Lunch you are also approved for Breakfast.

A Student Breakfast – Entrée (Cereal, Breakfast Bar, Handheld Option), Fruit/Juice and Milk.

Student Breakfast - \$1.60 Reduced Breakfast \$.30