

Your Guide to the Lunch Line

Delicious
&
Nutritious!

How to Choose a Reimbursable Lunch in High School

What is a Reimbursable Lunch?



What are the Goals of the National School Lunch Program?

- Safeguard the health & well being of the nation's children
- Encourage domestic consumption of nutritious agricultural foods
- Give children an understanding of the relationship between proper eating habits & good health

- The National School Lunch Program allows schools to receive money & foods from the U.S. Department of Agriculture (USDA) for each meal served.
- To receive the money and food schools must serve lunches meeting Federal requirements regarding nutrient content and portion sizes.
- A complete meal, meeting the requirements, allows a school to receive benefits and is referred to as a "reimbursable lunch".

It must include a fruit or vegetable!

What Makes Up a Reimbursable Lunch?

5 Possible Components

1. Milk



2.

Fruit

*Allowed up to 2 servings

5.

Vegetable

*Allowed up to 2

servings

The 5 Meal Components

1. Milk

2. Fruit *Allowed up to 2 servings

3. Meat or Meat Substitute (included within the entrée)

4. Grain (included within the entrée)

5. Vegetable *Allowed up to 2 servings

Entrée

Comprised of:

- Meat or Meat Substitute (pepperoni & cheese)
- Grain (whole grain crust)

Did You Know?

High school students must take at least 1 serving of a fruit **or** vegetable. However, they may take up to 2 servings of fruit **and** 2 servings of vegetables in a meal for the same price!