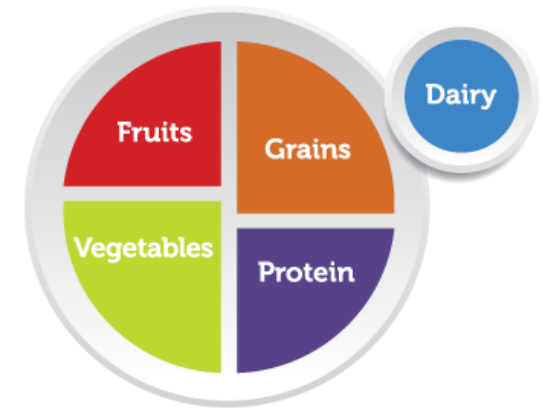


What Makes a Meal?



Noblesville Schools belongs to the National School Lunch Program. Students are offered several breakfast and lunch options daily. All of which are part of a balanced meal.

What Makes a Breakfast?

All breakfast trays must include a fruit and/or juice in order to qualify for a **\$1.35, \$0.30, or free** meal price.

Option 1: Consists of 2-4 menu items

- Hot Entrée (includes bagel or PBJ at secondary schools)
- Fruit
- Fruit Juice
- Milk

May deny fruit OR juice but must take one.

May deny milk

Tray must have 2 items at minimum

Option 2: Consists of 3-5 menu items

- Choose 1 or 2: Cereal, muffin, egg, or cheese stick
- Fruit
- Fruit Juice
- Milk

May deny fruit OR juice but must take one.

May deny 1-2 non fruit items

Tray must have 3 items at minimum.

Lunch Food items are labeled with colored dots to help students identify food components. Students need to select 3-5 different colored dots.

What Makes a Lunch?

Lunch consists of 5 meal components. Students need to choose 3-5 components, and one must be a fruit, vegetable or combination in order to qualify for a **\$2.00/\$2.25, \$0.40, or free** meal price.

Components Include

- Protein (most often paired with grain = entree)
- Grain/Bread
- Fruit (High School & Middle School may choose 2)
- Veggie (all grades may choose 2)
- Milk

Elementary students are required to take a meal (3 or more components) before purchasing extras. If secondary students do not select a fruit, vegetable, or combination along with 2 other components, the student will be charged for each individual item on their tray. Single entrée prices are **\$1.75**.

This institution is an equal opportunity provider.