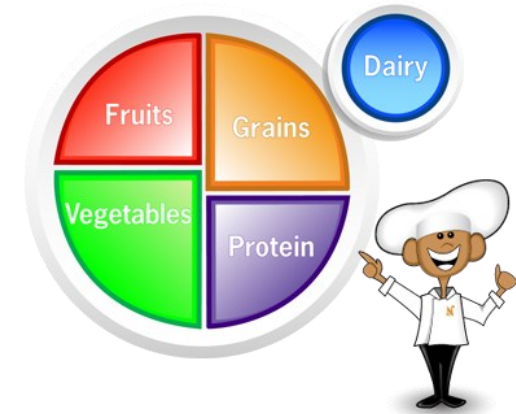


# What Makes a Meal?

**Students are offered several breakfast and lunch options daily. All of which are part of a balanced meal.**



## What Makes a Breakfast?

Breakfast consists of 4 meal items. Students must take a fruit and/or juice in order to qualify for a **\$1.25, \$0.30, or free** meal price.

### Hot Breakfast Items Include

- Hot Meal
- Fruit
- Fruit Juice
- Milk

*May deny fruit OR juice but must take one.  
May deny milk*



### Cold Breakfast Items Include

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

*Must choose a fruit or juice.  
May deny 1 –2 one other non fruit items*

**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 **\$1.85/\$2.00, \$0.40, or free** meal price.

### Components Include

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

Elementary students are required to take a meal before purchasing extras. If secondary students do not select a fruit, vegetable, or combination, the student will be charged for each individual item. Single entrée prices are \$1.75.



This institution is an equal opportunity provider.