



# UNDERSTANDING SCHOOL LUNCH

For Centerville City Schools

---

---

## **BREAD + PROTEIN + VEGETABLES + FRUIT + MILK = SCHOOL LUNCH**

Elementary School Lunch = \$2.65, reduced price meals are \$.40

Middle School Lunch = \$2.90, reduced price meals are \$.40

High School Lunch = \$3.25, reduced price meals are \$.40

To be at the school lunch price, at least 3 of these 5 components are required to be purchased **and** 1 of the items has to be a fruit or vegetable. The price is the same whether your student takes 3, 4 or all 5 components, remembering that they have to take a fruit or vegetable for this price. Free and reduced rates apply to all meals offered.

In January 2012, the Federal government passed the Healthy, Hunger Free Kids Act. This piece of legislation transformed school meals across the nation. Beyond changing the components of school lunch (see the new equation above), it did something relatively profound: **it requires that students take a fruit or vegetable as part of their meal.** Thankfully, fruits and vegetables are nutritious and delicious and we offer a large variety of them!

**FRUITS:** We offer an assortment of fresh fruit, canned fruit and 100% fruit juice, all in ½ cup servings. Fresh fruit can be anything from yellow watermelon to kiwi to oranges. The variety and freshness is very impressive.

- Elementary and middle school students may take a 1/2 cup serving. High school students may take up to 1 cup of fruit.

**VEGETABLES:** Cooked and fresh vegetables are offered daily. Every week we will offer a variety including dark green vegetables, red/orange vegetables, legumes and fresh raw vegetable bowls all in 1/2 cup servings. Fresh vegetables include the usual suspects like cucumber, carrots, celery and romaine lettuce but also include more unique items like sugar snap peas, jicama and purple carrots.

- All students may all take up to 1 cup of vegetables.

**PROTEIN:** Proteins include meat, cheese, eggs, beans, yogurt, and seeds.

**GRAINS:** Grains served as part of school lunch are whole grain; even our pizza crusts and cookies are whole grain.

**MILK:** 8 ounces of milk is included with every meal. We offer skim, 1% white and fat free chocolate.

Centerville Student Nutrition Services prides itself on serving kid-friendly nutrient-dense foods. Our meals meet strict standards for sodium, saturated fat and calories while being free of *trans* fats. You can be confident your student is getting the nutrition and taste he/she needs for a completely reasonable price. If you have questions, call or e-mail Student Nutrition Services.