

How to successfully navigate the school lunch line

To help students successfully pick a full meal, signs identifying each component (lunch) or each point (breakfast) will be posted at the front of each serving line. Servers and cashiers will encourage students to take a full meal. If the student refuses to take a full meal, they must pay a la carte prices for each item that they have on their tray.

One meal at breakfast and one meal at lunch are free to all students who qualify for free or reduced price meals. A la carte (snacks) must be paid for ahead of time or at the point of sale and cannot be charged. More information can be found on the Food and Nutrition Services page of the District's website.

Meal Requirements—Lunch

School lunch consists of five components: meats, grains, vegetables, fruits, and milk. Students can take all five components, including unlimited fruits and vegetables, but **must take at least 1/2 cup fruit and/or vegetable and two other components** to count as a meal.

To get a full meal at lunch:

You HAVE TO Take At Least **3** out of the **5** Components

The **1**st Component MUST be a Fruit/Vegetable*
(minimum 1/2 cup all fruits/veggies, 1 cup for salad, can take more)

Then Take At Least **2** More: Milk, Meat, Grain, Fruit/Vegetable
(can take all four)



Meal Requirements—Breakfast

School Breakfast guidelines are complex and some components can count as other components. Therefore, we have developed a point system to make breakfast easier to understand. Students can take all five points, but **must take at least 1 fruit/juice point and two other points** to count as a meal.

To get a full meal at breakfast:

You HAVE TO Take At Least **3** out of the **5** Points

The **1**st Point MUST be a Fruit/Juice
(minimum 1/2 cup fruit/juice, can take both)

Then Take At Least **2** More Points: Milk, Grains (1-2), Meat
(can take all four points)



Meal Examples—Lunch

A student could have chicken nuggets, 1/2 cup of steamed corn, and a milk and it would be considered a meal (meets minimum of 3 food components—meat, vegetable, milk).

A student could have chicken nuggets, a roll, and a milk but it is NOT considered a meal (because they don't have a fruit or vegetable).

Meal Examples—Breakfast

A student could have a honey bun (2 points) and a juice (1 fruit/juice point) and it would be considered a meal (meets the minimum of 3 points, one of which is fruit/juice)

A student could have breakfast on a stick (2 points) and a milk (1 point) and it would NOT be considered a meal (because they don't have a fruit/juice point).