

What Does A Meal Consist Of:

In conjunction with the new school meals regulations:

A School Lunch Consists of Five Food Items:

- One (1) serving of milk component (low fat or skim)
- Bread component (sandwich bun, bread, pizza crust, pasta, rice, tortilla shells, crackers)
All bread items are at least 51% whole wheat)
- Meat component (otherwise known as a protein, such as in any type of meat, fish, poultry, cheese, eggs, yogurt, peanut butter, etc.)
- Fruit component (all fresh, dried, canned, frozen and also 100% pure fruit juice)
- Vegetable component (all raw and cooked vegetables, 100% pure vegetable juices, marinara and salsas.)

Students must choose 3 of the 5 food items. They MUST have ½ cup fruit or vegetable on their tray.

We offer three fruit options and students can pick ONE: fresh fruit, canned fruit and 100% fruit juice (apple, orange or cherry-apple).