Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following:

Meat or Meat Alternate,

Grain,

Fruit, Vegetable

and of course, Milk!

While the most nutritious lunch contains all of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose at least 3 food groups for his meal. One of the food groups must be a fruit or vegetable. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

Here's an example menu:

Cheeseburger on a Bun

1/2 cup Carrots

1/2 cup French Fries

1/2 cup Peaches

8oz of Milk

So, your child could choose:

Cheeseburger on a Bun and Fries

Carrots, Peaches and Milk

Cheeseburger on Bun, Peaches and Milk

Of course they can take other combinations or all 5 food groups! The choice is up to them!

If your child comes home and says she didn't get enough to eat at lunch, ask if she is taking all of her fruit and vegetable choices!

Don't forget about breakfast! Join us each morning, breakfast is a great way to kick off your child's day!

Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast, one must be a fruit or vegetable.

This institution is an equal opportunity provider.