

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 most nutritious lunch contains ALL of these options, we understand 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 don't want to eat.

Out of the 5 Food Groups the student is offered; at least 3 food groups must be chosen for each meal. One of the food groups MUST be a **Fruit** or a **Vegetable**.

Some of the menu choices may count as two food groups such as Pizza, Nachos, Cheeseburger or a chef salad.

Here is an example menu:

Cheeseburger on a Bun
 $\frac{1}{2}$ Cup of baby Carrots
 $\frac{1}{2}$ Cup of French Fries
 $\frac{1}{2}$ Cup of Peaches
8 oz of Milk

So your Child could choose:

*Cheeseburger on a Bun and French Fries
*Carrots, Peaches and Milk
*Cheeseburger on a 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 they didn't get enough to eat at lunch, ask if they are taking all of the **fruit** and **vegetable** choices!

Don't forget about breakfast!

BREAKFAST is a great way to kick off your child's day and is the **MUST** important meal of the day.

Join us each morning!

Breakfast choices are a little bit different.

Students must take at least 3 items out of the 4 offered and one MUST be a **fruit** or a **vegetable**.