

What Is A Breakfast?

All school breakfast meals are made up of 4 components:

Meat/Meat Alternate (ex: eggs, pork, cheese, beef, poultry, etc.)

Bread (ex: cereal, muffins, bagels, pancakes, waffles, pizza crusts, etc.)

Juice/Fruit/Vegetable (ex: apples, oranges, pears, grapes, peaches, applesauce, all 100% fruit juice, etc.)

Milk (ex: 1%, skim, chocolate, strawberry, vanilla)

You must take at least 3 of these items for your meal to be considered a complete breakfast 1 being a fruit or vegetable, but you may take all 4 items listed. Taking only 1 or 2 of the meal components will result in being charged the ala carte prices for those items.

What Is A Lunch?

All school lunch meals are made up of 5 components:

Meat/Meat Alternate (ex: beef, pork, poultry, fish, cheese, eggs, yogurt etc.)

Bread (ex: dinner rolls, bread sticks, hamburger rolls, sub rolls, pizza crusts, etc.)

Vegetable (ex: garden salad, corn, potatoes, green beans, peas, carrots, etc.)

Fruit (ex: apples, oranges, pears, grapes, pineapples, peaches, applesauce, etc.)

Milk (ex: skim,1%, chocolate, any LF Flavored milk etc.)

You must take at least 3 of these items for your meal to be considered a complete lunch, 1 being a fruit or vegetable, but you may also take all 5 items listed. Taking only 1 or 2 of the meal components will result in being charged the ala carte price for those items.

Healthy Resources

<http://traytalk.org>

<http://choosemyplate.gov>

<http://fns.usda.gov>

Summer Food Program

Did you know there are sites that serve Free Meals during the summer to students?

To find a nearby location you can access any of the following by.....

- Call 1.866.3Hungry or 1.877.8Hambre
- Text MEALPA to 877877 during the summer months
- Visit the website: www.fns.usda.gov/summerfoodrocks
- Use the site locator for smartphones- Rangeapp.org

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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
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