

Lunch Program Information

All USDA/TDA nutrition programs are based on nutrient standards. The nutrient-based planning process used at ILTexas organizes foods into three groups - entrees, sides and milk. All menus offered in the cafeteria are planned by a Registered Dietitian and meet the nutritional guidelines set forth by the United States Department of Agriculture and the Texas Department of Agriculture. Parents can be assured that students consuming the full meal each day will receive one-fourth of the Recommended Dietary Allowances (RDA's) at breakfast and one-third of the RDA's at lunch.

Here is how it works:

School Breakfast:

Breakfast offerings consist of a choice of breakfast entrée, a serving of juice, a serving of fruit and a choice of milk. Students may choose all four items or as few as the entrée and a juice/fruit serving OR a juice serving, a fruit serving and milk to receive meal benefits or pay the student price. Additional items or two of any one item will be considered a la carte and priced accordingly.

Elementary/Middle Lunch:

At lunch elementary students may select one of the entrees, one vegetable, one fruit and milk. Elementary students must select an entrée and at least one other fruit/vegetable serving, OR two serving of vegetables, a fruit serving and milk serving to receive meal benefits or pay the student price.

High School Lunch:

At lunch secondary students may select one of the entrees, two of the vegetable side dishes, two fruit side dish and milk. High School students must select an entrée and at least one other fruit/vegetable serving, OR two servings of vegetables, two fruit servings and milk serving to receive meal benefits or pay the student price.