

Make it a Free Meal

HOW DO I MAKE MY LUNCH FREE?

Your school lunch comes with all 5 food groups.

Selecting at least  3 of the 5 food groups

(one must be a fruit or vegetable) will make it a **free meal!**


You can choose up to 2 fruits and 2 vegetables. For the healthiest meal choose all 5 food groups!

   Meat or Meat Alternative

 Grains

 Vegetable

 Fruit (*selection of fruits, 100% fruit juice*)

 Milk (*under the USDA guidelines milk is part of the free meal, however, bottled water is not because it is not considered nutritionally equivalent to milk. Please refer to your school district's a la carte price list that includes price for bottled water and other snack items.*)



Each child is entitled to 1 free lunch daily, additional servings please see your school district's price list.