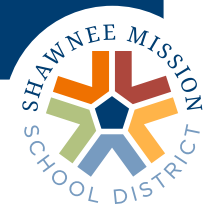


# A GUIDE TO SCHOOL MEALS

## HOW TO CHOOSE A REIMBURSABLE MEAL IN SCHOOL



### ABOUT THE NATIONAL SCHOOL LUNCH AND SCHOOL BREAKFAST PROGRAM

The United States Department of Agriculture (USDA) provides funding for school meals through the National School Lunch Program and the School Breakfast program. To receive funding, schools must serve meals meeting Federal requirements which include meal pattern, nutrient content and portion size. This is called a reimbursable meal.

What are the Goals of the National School Lunch program?

- Safeguard the health and wellbeing of the nations children
- Encourage the domestic consumption of nutritious agricultural foods
- Give children an understanding of the relationship between proper eating habits and good health.

#### ➤ *What Makes a Reimbursable Breakfast?*

A reimbursable breakfast must have a minimum of 3 items and one item must be a ½ cup of fruit or fruit juice.

At least 4 food items are offered from 3 food components.  
Required components include:

- 1) Fruits
- 2) Grain
- 3) Milk

#### ➤ *Examples of Reimbursable Breakfasts:*

- 1) Cereal, banana and fruit juice – Cereal is 1 ounce of grain (1), banana is ½ cup fruit(2), fruit juice is ½ cup for fruit(3)
- 2) Mini Pancakes and banana – Mini Pancakes is 2 ounces of grain (1)(2), banana is ½ cup fruit(3)

#### ➤ *What Makes a Reimbursable Lunch?*

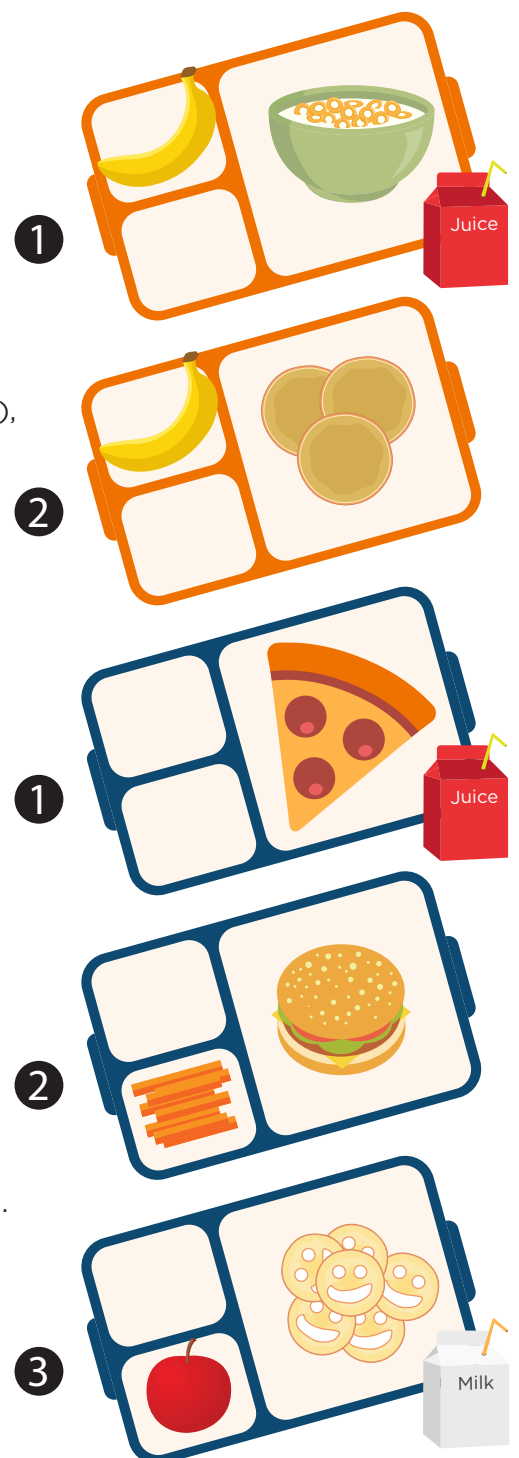
A reimbursable lunch must have 3 full components with one of those being a ½ cup of fruit OR a vegetable.

5 Food Components are offered:

- 1) Meat/Meat Alternative
- 2) Grain
- 3) Vegetable
- 4) Fruit
- 5) Milk

#### ➤ *Examples of Reimbursable Lunches:*

- 1) A slice of pizza and a juice – Pizza is meat(1) and grain(2) and the juice is fruit(3).
- 2) Hamburger and ½ cup of baby carrots – Hamburger is meat(1) and grain(2) and baby carrots are vegetables(3).
- 3) Potato Smiles, Milk and Whole Apple – Potato Smiles are vegetable(1), Milk is milk(2) and apple is fruit(3).



#### QUESTIONS?

##### Food Service Department

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