

Free & Reduced Meal Options

Council Rock School District



All students are entitled to the same lunch selections, whether they pay regular price or qualify for free or reduced pricing.

Lunches do not include bottled beverages, snacks or desserts (cookies, ice cream, bagged snacks).

Elementary School

Your child is entitled to the daily lunch or alternate choice listed on the Council Rock website. This lunch consists of:

- Protein (meat, cheese, egg, tuna, etc.)
- Bread or grain
- Fruit (fresh, canned or frozen)
- Vegetable (fresh, canned or frozen)
- Milk (1% or skim unflavored OR fat-free or skim in assorted flavors) - **NO SUBSTITUTE BEVERAGE**

High School

Although they do not participate in the National School Lunch Program, both high schools offer eligible students a choice of **one** of the following options from the food court.

- Deli – Sandwich or wrap, served with hot vegetable **or** small fries.
- Hot Entrée - served with two sides.
- Slice of Pizza or Salad - served with a hot vegetable **or** small fries.
- Fresh Grille – Burger **or** Cheesesteak **or** Chicken Sandwich, served with a hot vegetable **or** small fries.

For H.S. students, complete lunches include an 8 oz. milk **or** a bottle of water, **plus** a piece of fresh fruit.

Middle School

A complete lunch consists of:

- **One** entrée – see choices below.
- Vegetable (hot selection or potato or celery/carrots/broccoli with dressing)
- Fruit choice (fresh, canned, or frozen) or fruit juice
- Milk (1% or skim unflavored OR fat-free or skim in assorted flavors) - **NO SUBSTITUTE BEVERAGE**

Entrée choices are:

- A hot sandwich – hamburger, cheeseburger, chicken patty, or special sandwich of the day.
- A slice of pizza
- A deli sandwich, hoagie or wrap
- A premium salad with a roll
- The hot meal feature of the day

Please note the following items **are not included** in the free lunch program:

- Desserts (eg. cookies, cakes, brownies, ice cream)
- Snack foods (eg. pretzels, nachos, bag snacks)
- Iced Coffee Bottles, Energy Drinks, Premium Water Bottles

Please be aware that any food item outside of the items listed will not be considered a component of a free or reduced price meal and must be paid for separately. If you require further clarification, contact the food services manager at your child's school.

A student receiving a free or reduced-price meal must choose at least 3 items for the lunch to be considered complete as per the Department of Child Nutrition regulations, one of which must be at least a half-cup serving of a fruit or vegetable. Anything less than this will be considered an a la carte purchase and must be paid for by the student.