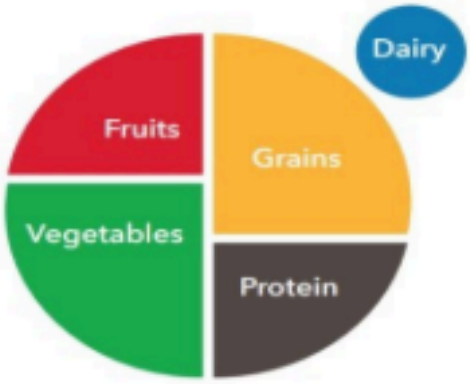
A Parent's Guide to understanding the lunch line

Each day, your child is offered a lunch containing the following:

Meat or Meat alternative, grain, fruit, vegetable, and milk.



While the most nutritious lunch contains *all* of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the five food groups your student is offered, they must choose **at least three** food groups for their meal. One of the food groups *must* be a fruit or a vegetable. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

Here's an example menu:

- >> Cheeseburger on a bun
- >> 1/2 cup of carrots
- >> 1/2 cup of french fries
- >> 1/2 cup of peaches
- >> 8oz of milk

So your child could choose any of the following:

- >> Cheeseburger on a bun & fries
- >> Carrots, peaches, & milk
- >> Cheeseburger on a bun, peaches, & milk

They are more than welcome to take other combinations or **all five food groups!** The choice is up to them.

If your child comes home and says they didn't get enough to eat at lunch, ask if they are taking all of their **fruit** and **vegetable** choices!

Don't forget about breakfast! Breakfast is a great way to kick off your child's day! Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast; one must be a fruit or a vegetable.