

# What is a Reimbursable Meal?

The National School Lunch and School Breakfast Program are regulated by the United States Department of Agriculture. A complete meal, meeting nutrient content and portion size requirements, allows a school to receive benefits (money and USDA foods) and is referred to as a "a reimbursable meal." School meals offer parents a convenient way to provide nutritious meals for their children at the lowest possible price.

## The following are school meal components:

- Milk (fat-free or 1%, flavored milk or unflavored)
- Meat/meat alternate
- Bread/grains
- Fruit\*
- Vegetables\*

## MAKE A MEAL



\*Students are required to take ½ cup of a fruit or vegetable to make a meal at breakfast and lunch.

The most nutritious meals contain all of the components, however students have the option to decline items they do that want to eat, which is referred to as "Offer vs. Serve." If students feel they don't get enough to eat, make sure they understand they can take all components and the choices that are available to them. School nutrition staff are trained to help students build a reimbursable, balanced meal!

Breakfast	Lunch
<p>Schools are required to offer 4 items and students must select 3 of the items to make a meal.</p> <ul style="list-style-type: none"> <li>● Entree (2 items)                             <ul style="list-style-type: none"> <li>○ 2 grain OR</li> <li>○ 1 grain and 1 meat/meat alternate</li> </ul> </li> <li>● Fruit/Vegetable*</li> <li>● Milk</li> </ul> <p><small>*Vegetables are not a required component at breakfast, but can be served in place of the required fruit component</small></p>	<p>Schools are required to offer 5 components and students are required to take 3 of the 5 components to make a meal.</p> <ul style="list-style-type: none"> <li>● Bread/Grain</li> <li>● Meat/meat alternate</li> <li>● Fruit</li> <li>● Vegetable</li> <li>● Milk</li> </ul>
<p><i>Examples a Reimbursable Breakfast</i></p> <ul style="list-style-type: none"> <li>● Egg sandwich and 100% juice</li> <li>● Cereal, graham crackers, milk, and fruit</li> </ul>	<p><i>Examples of a Reimbursable Lunch</i></p> <ul style="list-style-type: none"> <li>● Chili, Cinnamon Roll, and orange wedges</li> <li>● Hamburger on bun, side salad, and milk</li> </ul>