

There are 5 food components: Meat/Meat Alternate, Grain, Milk, Fruit and Vegetable. Students are offered a variety of each food component at breakfast and lunch. Meat Alternatives may be cheese, cottage cheese, peanut/sun butter, & yogurt.

3 food items for Breakfast

Fruit or Vegetable, Meat/Meat Alternate, Grain, Milk
One food item has to be a fruit or vegetable
Breakfast Meal \$2.00

3 food components for Lunch

A student must choose 3 food components to make a complete lunch meal and one food item has to be one fruit or vegetable. Potatoes allow one serving

Minimal lunch is 3 different food components one needs to be a fruit or vegetable

Maximum lunch is entree, 3 sides and a milk

Lunch Meal \$3.25

Entree is a hot or cold food item that has two food components. ONE entree is included in a complete meal. The second entree will be Ala Carte priced \$2.50. Entree example - pizza, parfait, chicken nuggets, sandwich

Sides is pasta salad, fruit salad, rice, caesar salad, coleslaw, and fruits or vegetables

Ala Carte items are separate food or drink items. These are purchased by cash or charged to the student's lunch account if parents allow them. Students will not be allowed to charge Ala carte purchases to their account if they have a negative lunch account balance.

Bottled Water \$.50

Milk \$.50

Second Entree Price \$2.50

Seconds on fruit and vegetable is \$.75

Seconds on Sides \$.75

VIDEO: [▶ La Crosse Schools: Know the Rules - Offer Versus Serve](#)