



ZIONSVILLE COMMUNITY SCHOOLS
FOOD SERVICE DEPARTMENT
900 MULBERRY ST.
ZIONSVILLE, IN 46077
(317) 873-1232

What is a Lunch School Meal?

During lunch, there are 5 different food components offered:

-  Meat / Meat Alternate
-  Grain
-  Fruit
-  Vegetable
-  Milk



To qualify for a school meal, a minimum of 3 food components (3 color dots) must be selected, one of which must be either a fruit OR a vegetable. Some entrée items combine meat/meat alternate and grain components (i.e. pizza, cheeseburger, mozzarella sticks).

Students are welcome to select all 5 components for the best value.

Students are allowed to select 1 entrée item, 1-2 fruit items, 1-2 vegetable items, and 1 milk item.

Examples of a school meal:

1. Pizza, bag of apples



2. Pizza, bag of apples, carton of milk



3. Pizza, bag of apples, carton of fruit juice, carton of milk



4. Pizza, bag of apples, carton of fruit juice, bag of cucumbers, carton of milk



5. Pizza, bag of apples, carton of fruit juice, bag of cucumbers, cup of corn, carton of milk





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What is a Breakfast School Meal?

During breakfast, there are 4 food components offered.

-  Meat / Meat Alternate
-  Grain
-  Fruit
-  Milk

For breakfast, it is the number of items and not components that make a school meal.

To qualify for a school meal, a minimum of 3 food items must be selected, one of which must be a fruit. Entrée items count as 2 items. Students can select 1 entrée item, 1-2 fruit items, and 1 milk item. Students are only allowed to select 1 fruit juice per day.

Examples of a school meal:

1. Breakfast Bar, Fresh orange slices
(Item 1 & 2) *(Item 3)*
2. Breakfast Bar, Fresh orange slices, and a milk
(Item 1 & 2) *(Item 3)* *(Item 4)*
3. Fruit Juice, Fresh orange slices, and a milk
(Item 1) *(Item 2)* *(Item 3)*
4. Breakfast Bar Entrée, Fruit Juice, Fresh orange slices, and a milk
(Item 1 & 2) *(Item 3)* *(Item 4)* *(Item 5)*