

A Parent's Guide to School Lunches

Your child will be served a complete lunch consisting of a:
Protein, Grain, Fruit, Vegetable and Milk

While the most nutritious lunch contains all of these components, we understand that sometimes our students do not like some of the items we serve.

To make our students happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 components offered, your child must take at least 3 components for their meal. One of the components **MUST** be a ½ serving of a **Fruit** or **Vegetable**. Some of the menu items may count as two components, such as pizza (**Protein** and **Grain**) or chef salad (**Protein** and **Vegetable**).

Here is an example of a menu:

- Cheeseburger on a bun (**Protein & Grain**)
- French fries (**Vegetable**)
- Carrots (**Vegetable**)
- Apple slices (**Fruit**)
- 8oz of milk (**Milk**)



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

Which means your child may choose

- Cheeseburger on a bun (**Protein & Grain**) w/ French fries (**Vegetable**), carrots (**Vegetable**), apple slices (**Fruit**), milk (**Milk**)

OR

- Cheeseburger on a bun (**Protein & Grain**), carrots (**Vegetable**), milk (**Milk**)

Or

They can take other combinations or all 5 components, the choice is theirs

WHAT IS OFFER VERSUS SERVE?

Students choose at least 3 of the 5 meal components, including ½ cup of fruit and/or veggies.

½ cup is the minimum—not the maximum! We encourage students to take the fruits and vegetables they will eat.

The rules are the same for all grades, but products and portions vary by age group—even when the difference isn't easy to see!