

What is included in a meal?



All students, regardless of their eligibility for free, reduced or paid meals, are offered a variety of entrée options each day. These entrée options are served through the “main line” in the cafeteria. In addition to entree’s, students in the main line may select from a variety of fresh, canned or dried fruits and vegetables on the salad bar and pick

their choice of milk (1% or non-fat white milk, non-fat chocolate milk, lactose free milk or soy milk). In order to count as a reimbursable USDA school meal - of the five food groups offered (milk, fruit, vegetable, grain, meat or meat alternate) students must take what amounts to three servings out of the five groups. A ½ cup serving of a fruit and/or vegetable is **required** to be one of the three choices.



In schools where a breakfast program is offered, all students, regardless of their eligibility for free, reduced or paid meals, are offered a variety of entrée options each day. In addition to entree’s, students may select from a variety of fresh, canned or dried fruits, 100% fruit juice and pick their choice

of milk (1% or non-fat white milk, non-fat chocolate milk, lactose free milk or soy milk). In order to count as a reimbursable USDA school meal - of the four food groups offered (milk, fruit, grain, meat or meat alternate) students must take what amounts to three items out of the four groups, a ½ cup fruit serving is **required** to be one of the three items.

Snack Bars & A la Carte Options

In addition to the “meal”, Nutrition Services provides students with the opportunity to **purchase** additional food or beverage items through a la carte choices available on the main line or in the Middle & High School Snack Bars which are operated by the department. Signage is displayed in the serving area which identifies the cost for each item. A la carte or snack bar items may be purchased with cash or through a student’s school meal account. Snacks may not be charged to a student’s account if they have no money.

Examples of items sold a la carte or through the snack bar during lunch include bottled water, carbonated fruit juices, bottled juices, chips, cookies, fresh fruit cups, a single slice of pizza, bagel and cream cheese, yogurt parfaits, etc.