

Understanding the Lunch Line:

A Parent's Guide

Each day, your child is offered a lunch containing the following:

Meat or Meat Alternate,
Grain,
Fruit, Vegetable,
and of course, Milk!



While the most nutritious lunch contains **all** of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat. In addition to allowing them to decline items, we offer fresh **fruit** (apples, pears, oranges, grapes, and kiwi) and fresh **vegetable** (carrots, tomatoes, broccoli, celery, and cucumber) options. Lastly, students may choose the daily alternate **entrée**: Monday – cheeseburger; Tuesday – chicken nuggets; Wednesday – chef salad; Thursday – cheese pizza; and Friday – mini corn dogs.

Out of the 5 food groups, your child is offered, he must choose **at least** 3 food groups for his meal. One of the food groups **must** be a **fruit** or **vegetable**. Some of the menu choices may count as two food groups such as pizza, cheeseburger, tostada, or mini corn dogs!

Here's an example menu:

2 oz. Sweet & Sassy Chicken
½ C Orange rice pilaf
½ C California blend vegetable
½ C Mixed fruit
8 oz. Milk

So, your child *could* choose:

Sweet & Sassy chicken, Orange rice pilaf, Mixed fruit, & Milk; OR Sweet & Sassy chicken, California blend vegetables, & Milk

Of course they can take other combinations or all 5 food groups! The choice is up to them!

If your child comes home and says she didn't get enough to eat at lunch, ask if she is taking all of her **fruit** and **vegetable** choices!

This institution is an equal opportunity provider.