

# Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following required food components for each grade level:



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 students customers happy, we like to give them the option to decline some of the items they do not want to eat.

Meat or Meat Alternate  
Grain  
Vegetable  
Fruit  
Milk



## USDA OFFER VS SERVE -

Out of the above 5 groups your student is offered, the student must choose **AT LEAST** 3 food groups for their meal. One of the food groups **MUST** be a fruit or vegetable. Some of the menu entrees may count as two food groups such as pizza, beef/chicken nachos, hamburger.

Here's an example menu:

Cheeseburger or Hamburger on Bun  
Tater Tots (4 oz.)  
Assorted Vegetables ½ c. serving ea  
Assorted Fruit ½ c. serving ea  
Milk - 8 oz.

So, your child could choose:

- \*Hamburger w/Bun and Tater Tots (½ c.)
- \*½ c. vegetables, ½ c. fruit, milk (8 oz) (K-8)
- \*1 c. vegetables, ½ c. fruit, milk (8 oz) (9-12)
- \*Hamburger w/Bun, ½ c. fruit, milk (8 oz)

Of course they can take other combinations (as long as one is a fruit or vegetable) or all 5 food groups!

**The choice is up to them!**

Students may take as many vegetables and fruit offered with their meal.

*This institution is an equal opportunity provider.*