

Meal Guidelines (complete meal price vs. à la carte)

Complete Meal

- A flat rate charged for a meal that meets federal guidelines for nutrition.
- A full student lunch requires at least 3 components:
 - a choice of entrée supplying protein and grain
 - up to two(2) vegetable side dishes
 - one (1) fruit side dish, and milk













À La Carte (individual pricing)

- If students do not fulfill the requirements of a meal they are charged "à la carte" prices for each item, usually resulting in a higher cost than the flat rate.
- Students will be charged individual pricing if a fruit or vegetable is not taken with lunch.

Create A Meal
Take at least 3 food groups to create a meal

- Start with a Fruit or Vegetable (or both)
- Add some other foods like: Whole Grain, Lean Protein, and a serving of Milk
- Take a minimum of 3 food groups and a maximum of 5

MEAL EXAMPLES

 Fruit	+	 Whole Grain and Lean Protein	=	MEAL		
 Vegetable	+	 Fruit	+	 Milk	=	MEAL
 Fruit	+	 Whole Grain and Lean Protein	=	MEAL		
 Fruit	+	 Vegetable	+	 Whole Grain and Lean Protein	=	MEAL
 Whole Grain and Lean Protein	+	 Milk	=	(No Fruit or Vegetable) NOT A MEAL		

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