

### 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.

Out of the 5 food groups your student 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, nachos, cheeseburger, or chef salad!

#### Here's an example menu:

Cheeseburger on a Bun  
1/2 cup Carrots  
1/2 cup French Fries  
1/2 cup Peaches  
8oz of Milk

#### So, your child could choose:

Cheeseburger on a Bun and Fries  
Carrots, Peaches and Milk  
Cheeseburger on Bun, Peaches and 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!

**Don't forget about breakfast!** Join us each morning, breakfast is a great way to kick off your child's day!

Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast, one must be a fruit or vegetable.

This institution is an equal opportunity provider.



**2023 - 2024  
SCHOOL YEAR**

**WE ARE AN EQUAL OPPORTUNITY  
PROVIDER AND EMPLOYER**

## LUNCH MENU

### MONDAY CHOICES

POPCORN CHICKEN BOWL  
CORN DOG  
GRAB AND GO BOX

### TUESDAY CHOICES

LOADED NACHOS  
QUESADILLA  
BEAN AND CHEESE BURRITO

### WEDNESDAY CHOICES

HAMBURGER  
HOTDOG  
GRAB AND GO BOX

### THURSDAY CHOICES

ORANGE CHICKEN BOWL  
ASIAN NOODLE BOWL  
EGG ROLL AND RICE

### FRIDAY CHOICES

PIZZA SLICE  
CHICKEN STRIP BASKET  
GRAB AND GO BOX

## MEAL PRICES

**ADULT BREAKFAST \$3.00**

**ADULT LUNCH \$5.00**

**A LA CARTE MILK \$0.40 EA**

**\*ENROLLED STUDENTS  
MEALS ARE FREE**



HELLO LUNCHLADY

## BREAKFAST MENU

### MONDAY

CEREAL CHOICE

### TUESDAY

BAGEL CHOICE

### WEDNESDAY

PARFAIT CHOICE

### THURSDAY

OATMEAL / OVERNIGHT OATS

### FRIDAY

CINNAMON ROLL

**BREAKFAST ALSO INCLUDES FRESH AND/OR CANNED  
FRUIT/JUICE/SMOOTHIE/YOGURT AND MILK CHOICES**

**FRESH FRUIT/VEGGIE  
BAR AND/OR TOPPINGS  
BAR OFFERED AT EACH  
LUNCH SERVICE DAILY.**

**FAT FREE AND 1% NON-  
FLAVORED MILK  
CHOICES OFFERED  
DAILY. (FAT FREE  
CHOCOLATE MILK OFFERED  
ON FRIDAYS ONLY.)**

**\*MENU IS SUBJECT TO CHANGE  
WITHOUT NOTICE AT ANYTIME**