

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

**CHICKEN AND WAFFLES
CORN DOG BASKET
MAC AND CHEESE BOWL**

TUESDAY CHOICES

**BEEFY NACHOS
STREET TACOS
CHICKEN QUESADILLA**

WEDNESDAY CHOICES

**HAMBURGER
CRISPY CHICKEN BURGER
RAIDER GRAB AND GO BOX / CHEFS CHOICE**

THURSDAY CHOICES

**ORANGE CHICKEN BOWL
BEEF AND BROCCOLI BOWL
EGG ROLL AND RICE**

FRIDAY CHOICES

**PIZZA SLICE
CHICKEN WING BASKET
RAIDER GRAB AND GO BOX / CHEFS CHOICE**

**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.)**

MEAL PRICES

ADULT BREAKFAST \$2.81

ADULT LUNCH \$4.76

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

FRENCH TOAST

FRIDAY

CINNAMON ROLL

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

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