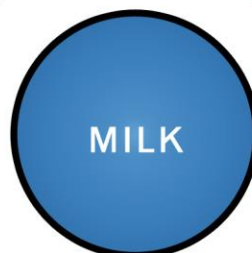
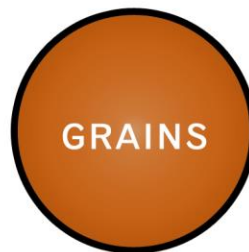
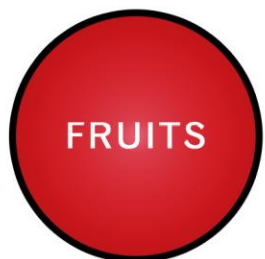


What Makes a Lunch?

*USDA National School Lunch Requirements:

**Select 3-5
Different Components**

each color dot below represents a meal component



Must include a



OR



*Visit www.usda.gov

USDA does not endorse any products, services, or organizations.

What Makes a "MEAL"

Schools throughout the U.S. offer complete, nutritious meals to students in order to meet reimbursement guidelines from USDA. School meals are priced as a unit and we receive federal and state reimbursement to offset our costs. Signage is used at all levels to help students understand what is included in their meal.

For breakfast, we offer four menu components - milk, juice/fruit, meat/meat alternatives and grains. Students may choose three or four components in order for the items to be priced at the meal rate of \$1.50. **One item must be a fruit, vegetable or juice.**

If students choose 3 or 4 components/servings, their breakfast will be at the meal rate. If they choose only 2 components/servings, we must charge a la carte prices for the select items as they do not meet USDA requirements for a complete meal.

For lunch, students may choose from the following 5 components. They may select 3, 4 or 5 items. **One item must be a $\frac{1}{2}$ cup fruit or vegetable in order for the meal to be priced at the meal rate.**

1 serving	Milk (1/2 pint fluid milk)
1 serving	Fruit (1/2 cup K-8; 1 cup 9-12)
1 serving	Vegetable (1/2 cup K-8; 1 cup 9-12)
1 serving	Grain (frequently included with entrée. i.e. sandwich bun)
1 serving	Entrée (meat/meat alternative i.e. cheese)

✓ When dessert is on the menu, it is included in the meal price.

If students choose 3, 4, or 5 components/servings, their lunch will be at the meal rate. If they choose only 1 or 2 components/servings, we must charge a la carte prices for the select items as they do not meet USDA requirements for a complete meal.

A la carte items are offered at all levels. Elementary students may purchase milk separate from the meal. Students at the Middle and High School level have many a la carte choices available. These items, which are not included in the regular meal, are charged **separately** from the meal components. **Policy dictates that students must have money in their meal account to cover any a la carte purchases.**

Please call Stacy Fish, Nutrition Services Manager, at 447-3302 if you have questions regarding the nutrition program at Linn-Mar.