

Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following:

Meat or Meat Alternative,
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 offer the option to decline some of the items that are available.

Out of the 5 food groups your student is offered, they 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 choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

Here's an example menu:

Cheeseburger on a Bun
½ cup **Carrots**
½ cup **French Fries**
½ cup **Peaches**
8 oz of **Milk**

So, your child could choose:

1. **Cheeseburger** on a Bun and **Fries**, **Peaches**, and **Milk** OR
 2. **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 they didn't get enough to eat at lunch, ask if they are taking all of the available **fruit** and **vegetable** options!

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**.