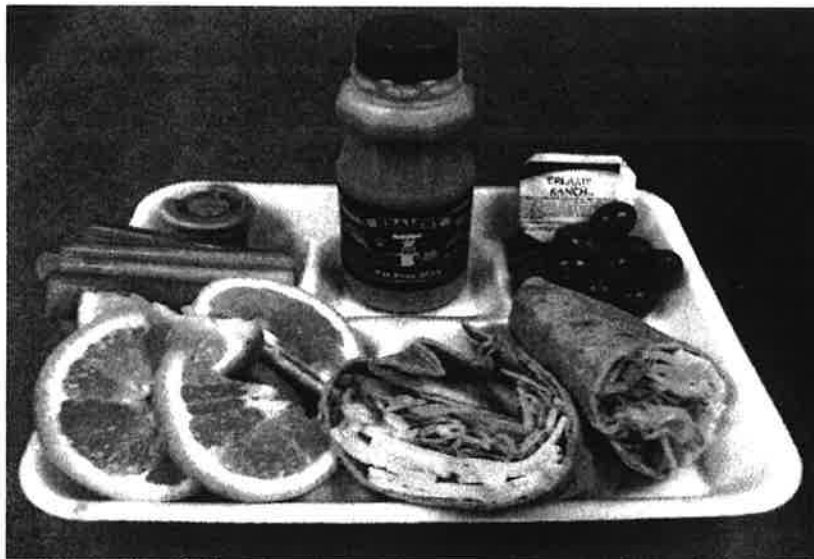


Your Guide to the Lunch Line

Delicious & Nutritious!

How to Choose a Reimbursable Lunch in Middle School

What is a Reimbursable Lunch?



What are the Goals of the National School Lunch Program?

- Safeguard the health & well being of the nation's children
- Encourage domestic consumption of nutritious agricultural foods
- Give children an understanding of the relationship between proper eating habits & good health
- **During "Covid" we will not be doing "offer vs serve". Last year the children were able to refuse two food groups if they wanted. This year during "Covid" each student will be given all five food groups including milk. Student lunch will be \$3.05 per meal. Milk only \$0.60 each.**

- The National School Lunch Program allows schools to receive money & foods from the U.S. Department of Agriculture (USDA) for each meal served.
- To receive the money and food schools must serve lunches meeting Federal requirements regarding nutrient content and portion sizes.
- A complete meal, meeting the requirements, allows a school to receive benefits and is referred to as a "reimbursable lunch".

It must include
a fruit &
vegetable!

What Makes Up a Reimbursable Lunch?

5 MEAL
COMPONENTS

1. Milk

5. Vegetable
*Allowed up to 2
servings



2. Fruit

3. 4.
Entrée
Comprised of:
• Meat or Meat Substitute
• Grain

The 5 Meal Components

1. Milk
2. Fruit
3. Meat or Meat Substitute (included within the entrée)
4. Grain (included within the entrée)
5. Vegetable *Allowed up to 2 servings

****THIS INSTITUTION
IS AN EQUAL
OPPORTUNITY PROVIDER**