

Meals

Meals served in each of the cafeterias are part of the National School Lunch Program and the National School Breakfast Program. The meal patterns are required by the NSLP. Regulations are designed so that over a period of time, school lunches provide children with approximately one-third of the nutrients they need according to the recommended dietary allowances.

A school lunch consists of five different food items from food groups. The components are:

1. Meat/meat alternative
2. Bread/bread alternative
3. Fruit
4. Vegetable
5. Fluid milk

All food groups are offered daily. The cafeteria staff encourages students to take all five items but students must choose at least 3 of the 5 to make a meal. The student may choose 3, 4 or 5 components and the price is the same. This concept is "offer vs. serve" and was instituted so that waste can be eliminated.

Alternate entrée choices are offered each week and ala carte food items are available in the high school cafeteria.

Milk choices are 1% white, 1% chocolate and skim. A doctor statement must be submitted to the nurse in your child's building who will forward it to the food service office should a substitution for fluid milk be necessary.