

About our meals.....

BREAKFAST:

Elementary Schools

Students may choose the entrée listed on the daily menu or cold cereal. They are also offered fruit, cheese, milk and juice.

Junior High and High School

Students may choose from a variety of entrées. They are also offered fruit, cheese, milk and juice.

LUNCH:

Elementary Schools

Students may choose from the listed entrée on the daily menu or yogurt or chopped ham cup. A self-serve salad bar with a wide variety of fruits and vegetables are offered daily. 1% milk and non-fat chocolate milk are available with all meals.

Junior High and High School

Students may choose from a variety of entrées (Italian bar, Mexican bar, Cheeseburgers, Caesar Salad, Yogurt Parfait, *to name a few*). A self-serve salad bar with a wide variety of fruits and vegetables are offered daily. 1% milk and non-fat chocolate milk are available with all meals. Students may also purchase Gatorade, Propel, water or Switch (a carbonated 100% fruit juice drink) for \$1.00 to \$1.25.

NUTRITIONAL GUIDELINES:

At all sites we follow federal and state nutrition guidelines for our school meals. Calories are age-appropriate based in Recommended Daily Allowances. Fat is 30% or less in all meals and 10% or less saturated fat. Our foods do not contain artificial trans-fats.

Students are free to choose which entrees and sides they wish to have and may refuse items they don't want as long as they have a minimum of two items per meal (one item must be a main dish option). This option allows students with varying appetites and preferences to choose the type and amount of food they want.

Questions about the Lunch Program:

- Q Do the Gatorades, fruit drinks and waters come with the meals at the Junior High and High School?
- A No, they cost extra from \$1.00 to \$1.25 each. Juice and milk are offered with the breakfast meal and milk is offered with the lunch meal.
- Q My child wants to have two slices of Pizza (at the Jr.High/High School) and he is a reduced/free student is the 2nd meal free/reduced also?
- A No, Free and Reduced students only get ONE breakfast *and* ONE lunch for free or reduced. Any extra meals are full price.
- Q What comes with the breakfast meal?
- A We offer a breakfast entrée, fruit, cheese, milk and juice.

Q What comes with the lunch meal?

A At the elementary for lunch we offer a choice of main dish, yogurt or chopped ham cups. All meals include fruit and salad bars, and milk. At the junior high/high school we offer a variety of entrées to choose from, plus fruit and salad bars, and milk.

Q Why do you offer chocolate milk?

A Calcium intake is vital in children for proper growth. Many children will not drink regular milk. Chocolate milk has as much calcium, protein and other nutrients as regular milk. We serve non-fat chocolate milk and believe that it can be very important food for children.

Q Does our milk contain growth hormones?

A Producer's Dairy is our supplier of milk and yogurt. The milk products they use do NOT contain any growth hormones.