

## **Meal Requirements**

Schools across the United States offer meals to students that meet the reimbursable guidelines from the United States Department of Agriculture (USDA). School meals are priced as a unit and we receive federal and state reimbursement to offset our costs.

To get the most for your money, encourage your child(ren) to purchase a complete meal.

### **For breakfast, students may choose:**

- 1 serving Milk (1/2 pint fluid milk)
- 1 serving 4 oz. fruit juice OR fruit
- 1 or 2 servings Grain/meat/meat alternate (which includes the daily entrée)

If students choose at least 3 components (milk, fruit, grain and meat/meat alternate), with one being a fruit or vegetable (1/2 cup minimum), their breakfast will be at the reimbursable meal rate. If they only choose 2 components, we must charge for each item separately, as the selections would not meet the USDA's requirements for a complete reimbursable meal.

#### **Example:**

Menu	Student Selects
Cheerios	Cheerios
Yogurt	Orange Slices(1/2 cup)
Orange Slices	Milk
Milk	<i>This is a reimbursable breakfast!</i>

### **For lunch, students may choose:**

- 1 serving Milk (1/2 pint fluid milk)
- 1 serving Fruit
- 1 serving Vegetable
- 1 serving Grain
- 1 serving Meat/Meat Alternate

If students choose at least 3 components (milk, fruit, vegetable, grain, meat/meat alternate) with one being a fruit and/or vegetable (1/2 cup minimum), their lunch will be at the reimbursable meal rate. If they only choose 2 components, or do not take a fruit or vegetable, we must charge for each item separately, as the selections would not meet the USDA's requirement for a complete reimbursable meal.

#### **Example:**

Menu	Student Selects
Hamburger	Hamburger
Whole Wheat Bun	Whole Wheat Bun
Romaine Lettuce	Apple Slices (1/2 cup)
Tomato Slices	Milk
Apple Slices	
Milk	<i>This is a reimbursable lunch!</i>