

***** IMPORTANT INFORMATION *****

2015-16

If my child qualifies for free school meals, can he/she get free milk when he/she brings a lunch from home to school?

No, only the full reimbursable meal may be obtained. The school cannot give your child free milk in schools where free meals, which include milk, are available to students.

In order for your child to “use” their approved status they must follow these guidelines

Federal Meal Pattern:

As part of The Healthy, Hunger-Free Kids Act of 2010, the federal government issued new nutrition standards for meals served to America’s schoolchildren, based on the Dietary Guidelines for Americans. School lunches have a new look with many more healthy choices for your child every day! For more information on the Dietary Guidelines, see www.ChooseMyPlate.gov .

Students will be offered: BREAKFAST – 4 components - **Milk, Grain (2), Fruit or Vegetable**
LUNCH - 5 components - **Milk, Fruit, Vegetable, Grain, and Protein**

Each student will be able to choose: BREAKFAST – 3 or 4 components.

LUNCH - 3, 4 or 5 of these components

(one item at each meal must be a full portion of fruit or vegetable)

- Milk choices offered
 - 1% unflavored, Fat Free, flavored, Fat Free, unflavored
- Fruit and Vegetable offerings are increased to:
 - Breakfast - all students will be offered a minimum of 1 cup fruit or vegetable
 - Lunch – K-8 students will be offered a minimum of 1/2 cup of fruit and 1/2 cup vegetable
9-12 students will be offered a minimum of 1 cup of fruit and 1 cup of vegetable
 - **5 Vegetable groups** must be offered once each week
 - Dark Green
 - Red/Orange
 - Legumes (dried beans & peas)
 - Starchy
 - Students must take at least 1 full portion of fruit or vegetable in order for their meal to be considered **COMPLETE** and to be charged the meal price according to their status (Paid, Reduced or Free)
 - **Students refusing both the fruit and vegetable components will be charged a la carte prices for ALL items on their tray.**

