

UNDERSTANDING SCHOOL BREAKFAST and LUNCH: A PARENT'S GUIDE

Breakfast is a great way to start the day!
Have your child join us each morning.

Breakfast consist of :
 2 grains, 1 cup Fruit or Vegetable and Milk
 Fruits and Vegetables served in 1/2 cup portions

Your child may choose all or at least 3 of the offered items at breakfast; one must be a fruit or vegetable.



Wake up with breakfast!

Eat lunch with your friends!

See you in the cafeteria at lunch time!

Each day, your child is offered a lunch containing the following:
 Meat or Meat Alternate Grain, Fruits, Vegetables and Milk

While the most nutritious lunch contains all of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose at least 3 food groups for his meal. One of the food groups must be a fruit or vegetable. Some menu choice may count as two food groups such as pizza, sandwiches, or chef salad!

If your child comes home and says he didn't get enough to eat at lunch, ask if he is taking all of his fruit and vegetable choices!

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Choose from a variety of fruits and vegetables.

Check out the menu and discuss with your student what choices they prefer for breakfast and lunch. Encourage them to try something new or something they haven't had for a while. Our tastes change over time; they may decide that they really do like it. **The choice is up to them!**