



What students are offered:

Breakfast

Students are offered 3-4 components to breakfast. They must choose at least 3. If only 3 are offered they must take all 3.

Lunch

Students are offered 5 components to lunch. They must select ½ cup of fruit or vegetable. They may choose both if desired. Although students have the right to refuse 2 components out of the 5 offered, they may not refuse the ½ cup fruit or vegetable requirement.

A la Cart

A la cart purchases are available after students have eaten their lunch. All snacks offered must meet certain criteria (see below). NO soft drinks or candy are offered by the cafeteria.

***A La Carte Item Criteria:***

Calories	Less than 200
Percentage of Calories from Fat	Less than 35%
Percentage of Calories from Saturated Fat	Less than 10%
Trans Fat	0
Sodium	Less than 200 mg
Percentage of Calories from Sugar	Less than 35%

To help students make decisions about their lunch choices, a "What makes a meal" Poster is displayed on the bulletin board at the beginning of the serving line.

# WHAT MAKES A MEAL?

Lunch: 5 Food Components Offered

Students are offered all 5 components. A student may choose all 5 components or may decline up to 2 components and take only 3 components. Students MUST take at least  $\frac{1}{2}$  cup of a fruit OR a vegetable as one of their components.

