

CREATE A MEAL '101'


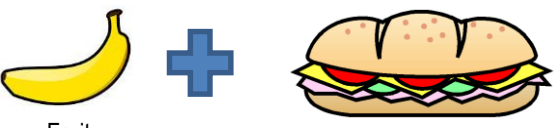



Meal Guidelines – complete meal price vs. a la carte

Complete Meal

- A flat rate charged for a meal that meets federal guidelines for nutrition
- A 'complete' or regular student lunch requires student to choose:
 - At least ½ cup fruit, vegetable or both.... AND 2 additional components-
 - Lean Protein
 - Low-fat or Fat-free Milk
 - Whole Grains or Whole Grain rich foods

A La Carte (*individually priced items*)

- If students do not fulfill the requirements of a meal, they are charged 'a la carte' prices for each item, usually resulting in a higher cost than the flat rate
- Students will be charged individually per item if a fruit or vegetable is not taken with their lunch

 <p>Whole Grain & Lean Protein + Milk</p> <p>(No Fruit or Vegetable)</p>	= NOT A MEAL
 <p>Fruit + Whole Grain & Lean Protein</p>	= MEAL
 <p>Vegetable + Fruit + Milk</p>	= MEAL
 <p>Fruit + Whole Grain & Lean Protein</p>	= MEAL
 <p>Fruit + Vegetable + Whole Grain & Lean Protein</p>	= MEAL