



GREAT NEWS!



**BREAKFAST AND LUNCH ARE BEING PROVIDED
AT NO COST TO ALL STUDENTS THIS YEAR!**

WHAT DOES THAT MEAN?

**YOUR CHILD CAN ENJOY OUR DELICIOUS AND
NUTRITIOUS BREAKFAST AND LUNCH OFFERINGS FOR
FREE FOR ALL OF THE 21/22 SCHOOL YEAR**

WHAT MAKES UP A MEAL?

**WE NEED TO FOLLOW FEDERAL GUIDELINES FOR COMPLETING
A BREAKFAST OR LUNCH SERVED TO A STUDENT.**

PICK 3 OF THE FOLLOWING OPTIONS TO COMPLETE A MEAL:

EXAMPLES:

GRAIN

dinner roll
pretzel
sub roll
muffin
hamburger bun

PROTEIN

chicken fillet
cheese stick
hamburger
sliced turkey
yogurt

MILK

low-fat white
non-fat white
non-fat flavored

VEGETABLE

broccoli
cucumber slices
local corn
salad
marinara sauce

FRUIT

apple slices
banana
fruit cups
applesauce
dried fruit

*one component must be a fruit/veg.

STILL WANT TO PACK YOUR CHILDS LUNCH ?

**COMPLETE THEIR LUNCH FROM HOME BY ADDING ONE OF OUR
LUNCH BUDDIES.**

**YOUR CHILD CAN "BUDDY UP" THEIR MEAL BY PICKING UP
ONE OF OUR BUDDY KITS DURING THEIR LUNCH TIME.**

LUNCH BUDDIES CONTAIN EITHER:

MILK + GRAIN + FRUIT or VEGETABLE
MILK + PROTEIN + FRUIT or VEGETABLE
PROTEIN + GRAIN + FRUIT or VEGETABLE

