

The USDA (Department of Agriculture) has established new dietary guidelines that moderate calories while increasing whole grains, fruits and vegetables. Student meals will include the following:

Breakfast includes:

- 2 servings of whole grains (cereal, bagels, muffins, breakfast bars, cereal bars)
- 1 cup fresh or frozen fruit (apple, orange, banana, peaches, applesauce, strawberries)
- 8 fluid ounces of milk (1% or Fat Free)
- Students must select a minimum of three items and one MUST be a fruit or vegetable serving to be charged the meal price.

Lunch includes:

- 2 oz. of meat/meat alternative
- 1 cup fruit serving
- 3/4 cup vegetable serving (1 cup high school)
- 2 servings of whole grains
- 8 fluid ounces of milk (1% or Fat Free)

Students must select a minimum of three items and one MUST be a fruit or vegetable serving to be charged the lunch price. Additional items are offered a la carte for an additional charge.