

Understanding the Lunch Line: A Parent's Guide to Offer vs Serve

Each day, your child is offered a lunch containing the following:	While the most nutritious lunch contains
Meat or Meat Alternate,	all of these options, we understand
Grain,	that sometimes our students do not like
Fruit, Vegetable,	some of the items we serve. To make our student
and of course, Milk!!	customers happy, we like to give them options
	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 of the menu choices may count as two food groups groups such as pizza, nachos, cheeseburger, or chef salad!!

Here's an example menu:	So, your child <i>could</i> choose:
Cheeseburger on a Bun	Cheeseburger on a Bun , Fries , Carrots , Peaches , and Milk
1/2 cup Carrots	--OR--
1/2 cup French Fries	Cheeseburger on Bun , Peaches , and Milk
1/2 cup Peaches	Of course they can take other combinations or all 5 food groups!
8 oz. of Milk	The choice is up to them!

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

This institution is an equal opportunity provider.