

# NEW FEDERAL GUIDELINES FOR SCHOOL LUNCHES

Offer vs. Serve

Meal is considered a regular priced meal if a child takes **at least** 3 of 5 food items offered. One of the three required items **MUST** be a fruit or vegetable. Failure to follow the federal guidelines will result in ala carte pricing.

Please share this information with your child.

Must take at least:

	<u>Sample 1</u>	<u>Sample 2</u>	<u>Sample 3</u>	<u>Sample 4</u>	<u>Sample 5</u>	<u>Sample 6</u>	<u>Sample 7</u>	<u>Sample 8</u>	<u>Sample 9</u>
	Meat	Meat	Meat	Meat	Fruit	Vegetable	Fruit	Fruit	Fruit
	Fruit	Vegetable	Fruit	Vegetable	Milk	Milk	Vegetable	Vegetable	Vegetable
	Milk	Milk	Grain	Grain	Grain	Grain	Meat	Milk	Grain
May also take:									
	Vegetable	Fruit	Vegetable	Fruit	Vegetable	Fruit	Grain	Grain	Meat
	Grain	Grain	Milk	Milk	Meat	Meat	Milk	Meat	Milk



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Meal is considered as free or reduced if a child takes **at least** 3 of the 5 food items offered. One of the three required items **MUST** be a fruit or vegetable. Failure to follow the federal guidelines will result in ala carte pricing.



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Must take at least:

<u>Sample 1</u>	<u>Sample 2</u>	<u>Sample 3</u>	<u>Sample 4</u>	<u>Sample 5</u>	<u>Sample 6</u>	<u>Sample 7</u>	<u>Sample 8</u>	<u>Sample 9</u>
Meat	Meat	Meat	Meat	Fruit	Vegetable	Fruit	Fruit	Fruit
Fruit	Vegetable	Fruit	Vegetable	Milk	Milk	Vegetable	Vegetable	Vegetable
Milk	Milk	Grain	Grain	Grain	Grain	Meat	Milk	Grain

May also take:

Vegetable	Fruit	Vegetable	Fruit	Vegetable	Fruit	Grain	Grain	Meat
Grain	Grain	Milk	Milk	Meat	Meat	Milk	Meat	Milk

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Must take at least:

<u>Sample 1</u>	<u>Sample 2</u>	<u>Sample 3</u>	<u>Sample 4</u>	<u>Sample 5</u>	<u>Sample 6</u>	<u>Sample 7</u>	<u>Sample 8</u>	<u>Sample 9</u>
Meat	Meat	Meat	Meat	Fruit	Vegetable	Fruit	Fruit	Fruit
Fruit	Vegetable	Fruit	Vegetable	Milk	Milk	Vegetable	Vegetable	Vegetable
Milk	Milk	Grain	Grain	Grain	Grain	Meat	Milk	Grain

May also take:

Vegetable	Fruit	Vegetable	Fruit	Vegetable	Fruit	Grain	Grain	Meat
Grain	Grain	Milk	Milk	Meat	Meat	Milk	Meat	Milk

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Must take at least:

<u>Sample 1</u>	<u>Sample 2</u>	<u>Sample 3</u>	<u>Sample 4</u>	<u>Sample 5</u>	<u>Sample 6</u>	<u>Sample 7</u>	<u>Sample 8</u>	<u>Sample 9</u>
Meat	Meat	Meat	Meat	Fruit	Vegetable	Fruit	Fruit	Fruit
Fruit	Vegetable	Fruit	Vegetable	Milk	Milk	Vegetable	Vegetable	Vegetable
Milk	Milk	Grain	Grain	Grain	Grain	Meat	Milk	Grain

May also take:

Vegetable	Fruit	Vegetable	Fruit	Vegetable	Fruit	Grain	Grain	Meat
Grain	Grain	Milk	Milk	Meat	Meat	Milk	Meat	Milk

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**Please share this information with your child.**

Must take at least:

<u>Sample 1</u>	<u>Sample 2</u>	<u>Sample 3</u>	<u>Sample 4</u>	<u>Sample 5</u>	<u>Sample 6</u>	<u>Sample 7</u>	<u>Sample 8</u>	<u>Sample 9</u>
Meat	Meat	Meat	Meat	Fruit	Vegetable	Fruit	Fruit	Fruit
Fruit	Vegetable	Fruit	Vegetable	Milk	Milk	Vegetable	Vegetable	Vegetable
Milk	Milk	Grain	Grain	Grain	Grain	Meat	Milk	Grain

May also take:

Vegetable	Fruit	Vegetable	Fruit	Vegetable	Fruit	Grain	Grain	Meat
Grain	Grain	Milk	Milk	Meat	Meat	Milk	Meat	Milk

# IMPORTANT - PLEASE READ

## NEW FEDERAL GUIDELINES FOR SCHOOL LUNCHES

Healthy, Hunger-Free Kids Act

A school meal is considered a regular priced meal (Elem-\$2.40, MS-\$2.55, HS-\$2.65) if a child takes **at least 3** of 5 food items offered. One of the three required items **MUST** be a fruit or vegetable. Failure to follow the federal guidelines will result in higher cost a la carte pricing.

Any child eligible for free/reduced meals must follow these guidelines in order to receive a free or reduced meal. Failure to follow the federal guidelines will result in higher cost a la carte pricing.

***Please share this information with your child.***

Must take at least:

	<u>Sample 1</u>	<u>Sample 2</u>	<u>Sample 3</u>	<u>Sample 4</u>	<u>Sample 5</u>	<u>Sample 6</u>	<u>Sample 7</u>	<u>Sample 8</u>	<u>Sample 9</u>
Must take at least:	Meat	Meat	Meat	Meat	Fruit	Vegetable	Fruit	Fruit	Fruit
	Fruit	Vegetable	Fruit	Vegetable	Milk	Milk	Vegetable	Vegetable	Vegetable
	Milk	Milk	Grain	Grain	Grain	Grain	Meat	Milk	Grain
May also take:									
	Vegetable	Fruit	Vegetable	Fruit	Vegetable	Fruit	Grain	Grain	Meat
	Grain	Grain	Milk	Milk	Meat	Meat	Milk	Meat	Milk

For questions, please contact Tony Colemire at 717-948-3300, ext. 1012, or [tcolemire@raiderweb.org](mailto:tcolemire@raiderweb.org).