

Your Guide to the Lunch Line:

Secondary

How to Build A Meal

School meals are priced as a unit. To get the most for your money, encourage your child(ren) to purchase a complete meal. (AKA Meal Deal)

Components that make a meal:

1. Milk
2. Fruit
3. Vegetable
4. Bread/Grain
5. Meat/Meat Alternate

What does a complete meal look like?

At CRCSD we exercise Offer vs Serve, which allows individual preference when building a meal. For compliance with Federal Guidelines there is a maximum amount allowed on a tray and a minimum amount allowed on a tray.

At maximum a student may select:

An Entrée *commonly comprised of Bread/Grain & Meat/Meat Alternate*

1 cup Fruit *may select two different ½ cup servings*

1 cup Vegetable *may select two different ½ cup servings*

Milk

At minimum a student must select:

3 components, including a ½ cup fruit or vegetable.

What tools are available to you and your student(s)?

Food & Nutrition Staff
Posters in the cafeteria
Nutrislice

When will my student(s) be charged ala cart pricing?

If a student does not select a complete meal, we must charge for each item separately.

Why: To be sold at the unit price meals must be a complete meal, as defined above.

Common examples of ala cart purchases:

Example: A student only takes 1 or 2 components of a meal. This is not a full meal and items on the tray will be charged as ala cart.

Example: A student does not take a ½ cup of fruit or vegetable serving. This is not a full meal and items on the tray will be charged as ala cart. (½ cup of fruit or vegetable is a requirement of a complete meal)

Example: A student wants to take more than the defined amount or number of offerings. This exceeds the Meal Deal; *extra* items will be charged as ala cart.

Example: A student selects items sold as ala cart only. Such items are not offered as part of the Meal Deal and will be charged at their ala cart price.