

What's In A Lunch?

By USDA guidelines, the maximum and minimum numbers of menu items required for a program meal must be defined. Our Primary and Intermediate Lunch is defined as: STUDENTS Must select One Entree, May select up to Two Sides and May select one Milk. To qualify as a lunch a meal must include a minimum of One Entree and One additional Item (Side or Milk) Our High School & Middle School feature lunch combinations of one Entree , One Milk and Three Side dishes. To qualify as a lunch a meal must include One Entree and TWO additional items. Students should review the Menu displays at each serving line to determine entrees and side offerings.

2011-2012 School Meal Prices

Primary & Intermediate	Middle & High School	A la Carte Milk
Lunch:		
Paid	\$3.00	Paid \$3.35/3.75
Reduced	\$.40	Reduced \$.40
Adult	\$4.35	Adult \$4.35
		Student \$.50

Breakfast:		
Paid	\$1.25	Paid \$1.25/1.50
Reduced	\$.30	Reduced \$.30
Adult	\$1.75	Adult \$1.75/2.00

Accounts DO NOT have to be used on consecutive days. Deposits on accounts may be made with either cash, check or on-line. Deposits may be made in any increment you desire. You may utilize our on-line payment system at payforit.net (see flyer) If you are writing a check please make the check out to your School's Food Service:

Ex: Chestnut School Food Service

To avoid any possible appearance of discrimination, students eligible for free or reduced meals and students with full priced status all appear the same on our display.

Thank you for participating in the School Food Programs

School Menu Inside!

Build Your Plate the Balanced Way

When building your dinner plate at home, try using the image on the left to build your plate the balanced way.



- Start with the fruits and vegetables. Fill at least 50% of your plate with fruits and vegetables. Focus on non-starchy vegetables that are high in water content and fiber such as dark leafy green vegetables, carrots, cucumber, orange wedges and grapes.
- Add fiber-rich grains or starchy vegetables to your plate. Position whole grain rice, pasta, or breads and/or starchy vegetables such as corn, beans, peas and potatoes on 25% of your plate.
- Portion the protein-rich foods on the remaining 25% of the plate. Select lean protein foods such as fish (not fried), chicken or turkey (white meat, without skin), beans and lentils, eggs, low fat dairy, nuts, and lean cuts of pork or beef (round and loin cuts are leanest).

- Finally, pour yourself a glass of 1% or non-fat milk, soy milk, or water to accompany your balanced meal.

Designing your plate the balanced way helps you focus on foods that fill you up, that are rich in nutrients and contain fewer calories. You actually end up eating more for fewer calories. It's so easy! You can eat a meal the balanced way whether you are at home, in school or in a restaurant. Just remember 50% fruits and vegetables, 25% wholesome grains and 25% lean protein.

What Is The NSLP?

The National School Lunch Program, administered by the USDA, requires that meals meet specific nutritional standards. Lunches must provide, on average over each school week, at least 1/3 of the daily RDA (Recommended Dietary Allowances) for protein, iron, calcium, and vitamins A and C. The menu must have no more than 30% of calories from total fat, including less than 10% of calories from saturated fat. Your school's foodservice staff works diligently to meet and exceed these USDA guidelines for school lunches.