School Meal Guidelines

Meat / Meat Alternative	Bread/Grain	Fruit Fruit Juice Vegetable	8-oz. Milk

Note: All main lunch entrees are 2 components, meat/meat alternative plus bread/grain

Breakfast Meal

Students must take 3 of the 4 meal components offered (all of above except for vegetable). One component must be a fruit; they are allowed to take all 4 components if they choose.

Example Breakfast Meals:

String cheese, fresh fruit, milk
Muffin, cereal, fruit juice, milk
Pancake sausage wrap, fresh fruit,
Cereal, 100% fruit juice, milk
Breakfast Break, alone or with milk

Lunch Meal

Students must take 3 of the 5 meal components offered (one component MUST be a fruit or vegetable); They are allowed to take as much as one entrée, up to 4 side choices, and an 8-oz. milk. Each entrée includes 2 components—meat/meat alternative and bread/grain; this plus one fruit or vegetable will make a complete meal.

Example Lunch Meals:

Chicken tenders, biscuit, apple slices, milk
8-oz. yogurt, apple, side salad, milk
Fruit &Yogurt Parfait w/ granola
Entrée salad, peaches, milk
Pizza, apple, fruit juice, milk
Hamburger, pears, French fries

IMPORTANT NOTE:

Students must take the components as indicated in order to receive a meal for free.

Students are allowed <u>one</u> breakfast meal and <u>one</u> lunch meal per day, additional meals are charged at ala carte prices.

If students do not take the required meal components as described above, they are charged ala carte prices.

Chips, bag snacks, ice cream, bottled water, and canned/bottled drinks are not included in meal pricing and are charged ala carte prices.

2nd entrée or extra salad, vegetables, etc. <u>over and above</u> what is included with meals are charged ala carte prices. The ala carte price list can be found on the "Lunch Menu Tab" on the school website: www.eastiron.org

Check the menu, make on-line deposits to your student's account, view transaction history, and fill out a CEP Household Income Form at **linqconnect.com/main** *or download the app. Search "LINQ Connect App " available for iOS and Android*