

## What's in a school lunch?

A school lunch consists of five components. Students may decline two components, but are required to take a fruit or vegetable.

## What's in a school breakfast?

A school breakfast consists of four components. Students may decline one component, but are required to take a fruit or vegetable.

## Components of School Meals

### PROTEIN

Meat  
Yogurt  
Cottage Cheese  
Eggs  
Beans  
Cheese

### GRAINS

Bread/Buns  
Cereal  
Pancakes  
Rice  
Pasta  
Corn Chips  
Pizza Crust

### VEGETABLES

Fresh vegetables  
Steamed vegetables  
Mashed Potatoes & Gravy  
French Fries  
Sweet Potato Waffle Fries  
Refried Beans/Black Beans  
Lettuce Salads  
Vegetable Juice

### FRUIT

Fresh Fruit  
Canned Fruits  
Applesauce Cup  
Strawberry Cup  
Peach Cup  
Fruit Medley  
Fruit Juice

### MILK

Skim White  
Skim Chocolate  
Skim Strawberry

## Goals

Provide education on the balance of proper eating habits and good health to our nation's children.

Provide nutritious agricultural foods for school meal programs.

## National School Lunch Program

The Free and Reduced Meal Program includes one school lunch and one school breakfast per day. If a student on the Free and Reduced Meal Program selects ala carte items or seconds, regular pricing will apply.

The USDA regulates the National School Lunch Program. School districts receive reimbursement from the USDA for student lunches and breakfasts. Adult meals and second meals do not qualify for reimbursement.

Westside Community Schools  
Nutrition Services