

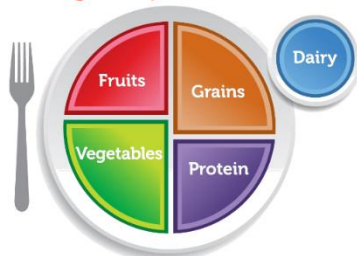


Engage | Learn | Improve

2021-22 “Complete” Meal Information

Build a Healthy Breakfast

YOU get to pick **3** food items!



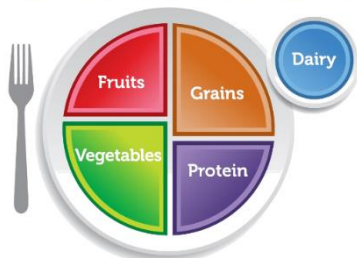
Your plate must include: **Fruits** and/or **Veggies**

Breakfast

As part of the **National School Breakfast Program**, students are offered options containing whole grains, protein, fruit or vegetable and milk. Students are able to take all four items offered. If they do not take all four, they do need to take at least **3 of the 4** offered and **one of the options must be a serving of fruit or vegetable.**

Build a Healthy Lunch

YOU get to pick **3-5** food groups!



Your plate must include: **Fruits** and/or **Veggies**

Lunch

As part of the **National School Lunch Program**, students are offered whole grains, meat/meat alternates, fruit, vegetables and milk. Students are able to take all five items offered. If they do not take all five, they do need to take at least **3 of the 5** components being offered and **one of the options must be a serving of fruit or vegetable.**

Ala Carte Items (including Milk)

Students who choose not to take a complete meal will be charged ala carte prices for the items on their trays. If a student brings a cold lunch and wishes to purchase a milk, the family account will be charged \$.40 or you can supply your own drink. **If your account has a negative balance, milk or ala carte purchases will not be permitted to be charged to your account.**

For any questions, please contact:

Theresa Schmitz

Nutrition Specialist

School District of Menomonee Falls

Email: schmthe@sdmfschools.org

Telephone: 262-250-6462