

School Lunch Simplified

School lunch offers 5 meal components

- Meat/meat alternate, grains, fruits, vegetables & milk

Students must select 2 components plus a full serving of fruit or vegetable (3 components minimum)

Lunch selections are the student's choice (must include a fruit/vegetable)

- Students may take all 5 components
- No entrée is required (meal example: fruit, vegetable & milk)
- Milk is not required
- Water is not a food component, but water is required to be available
 - Students may have water, milk or water & milk

It is the responsibility of the cashier to determine if the selections make a reimbursable meal

Build a Healthy Lunch!

Meat or Meat Alternates Fluid Milk Grains

Fruits Vegetables

Choose at least 3 colors, make sure to take a fruit or vegetable to make a school lunch!

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School Breakfast Simplified

Breakfast is counted in food items

DMPS offers 5 items each day at breakfast

- Certain entrées may credit as 2 items
- Meal example: cinni minis (credits as 2 items), orange juice, apple slices, milk
- Meal example: cereal bowl, goldfish crackers, apple juice, peach cup & milk

Students must select 2 items plus a full serving of fruit or vegetable (3 items minimum)

Breakfast selections are the student's choice (must include a fruit/juice)

- Students may take all 5 items
- Milk is not required (meal example: fruit & entrée—meat & grain or grain & grain)
- Water is not a food component, but is required to be available
 - Students may have water, milk, juice or any combination of these

It is the responsibility of the cashier to determine if the selections make a reimbursable meal

What Makes a Breakfast?

Select at least 3 Food Items

USDA National School Breakfast Requirements:

- FRUIT And or JUICE Max 2
- PROTEIN OR Grain And GRAIN Max 2
- Milk Max 1

Must include a Fruit and/or Juice

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