

## Cafeteria Links, Resources & Nutritional Information

### What is a Breakfast?

All school breakfast meals are made up of 4 components: Meat/Meat alternative (ex: eggs, pork, cheese, beef, poultry, etc.) Bread (ex: cereal, toast, doughnuts, muffins, bagels, pancakes, waffles, pizza crusts, etc.) Juice/Fruit/Vegetables (ex: apples, oranges, pears, grapes, peaches, applesauce, all 100% fruit juice etc.) Milk (ex: skim, 1%, non-fat flavoured, etc.)

You must take at least 3 of these items for your meal to be considered a complete breakfast (1 being a fruit or vegetable) but you may take all 4 items listed. If you receive reduced price or free meals, you must take at least 3 of the 4 items to get that meal at the reduced or free price. Taking only 1 or 2 of the meal components will result in being charged the ala carte prices for those items.

### What is a Lunch?

All school lunch meals are made up of 5 components: Meat/Meat alternative ( ex: eggs, pork, cheese, beef, poultry, etc.) Bread (ex: cereal, toast, doughnuts, muffins, bagels, pancakes, waffles, pizza crusts, etc.) Vegetables (ex: garden salad, corn, potatoes, green beans, peas, carrots, etc.) Fruit (ex: apples, oranges, pears, grapes, peaches, applesauce etc.) Milk (ex: skim, 1%, not fat flavoured etc.)

You must take at least 3 of these items for your meal to be considered a complete lunch (1 being a fruit or vegetable) but you may take all 5 items listed. If you receive reduced price or free meals, you must take at least 3 of the 5 items to get that meal at the reduced or free price. Taking only 1 or 2 of the meal components will result in being charged the ala carte prices for those items.

## Healthy Resources:

<http://traytalk.org>

<http://choosemyplate.gov>

<http://fns.usda.gov>

## Summer Food Program

Did you know there are sites that serve FREE MEALS during the summer to students? To find a nearby location you can access any of the following.....Call 211

Call 1.866.3Hungry or 1.877.8Hambre

Text "MEALPA" to 877877 during the summer months

Visit the website: [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) (note, this replaces the whyhunger.org website)

Use the site locator for smartphones- [Rangeapp.org](http://Rangeapp.org)

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