



# Carlisle Public Schools

83 School Street Carlisle, MA 01741 Phone: 978-369-6550 Fax: 978-371-2400

## Nutrient Standard Menu Planning LUNCH OFFER VERSUS SERVE GRADES K - 8

Dear Student:

September 2021

You have the opportunity to choose 3 food items you intend to eat but one of the items must be a fruit or vegetable. This feature of the National School Lunch Program is designed to reduce food waste and give you the opportunity to select the foods which you want to eat as long as a fruit or vegetable is selected. Each day you will be offered the complete lunch which includes:

1. Protein
2. Starch
3. Vegetable
4. Fruit
5. Milk

A school lunch provides approximately one-third of your daily nutritional needs. You may select the full meal or decline certain menu items except a fruit or a vegetable. However, the fewer menu items you take and eat, the less nutrition benefit you receive. The price per meal remains the same whether you select the minimum number of items or the full meal.

Students must select at least three of the menu items, and one should be a fruit or vegetable. An entree is defined as a “combination of foods or a single food item that is offered as the main course.” if the school offers more than three menu items for a single reimbursable lunch, student may decline a maximum of two menu items. For example, if the menu is:

Hamburger on a whole wheat bun  
Tossed garden salad  
Green beans  
Fresh fruit  
Milk

You could take all five items (hamburger on a whole wheat bun, tossed salad, green beans, milk and fresh fruit) or you could select full portions of the entree and two or three other menu items as long as one item is a fruit or a vegetable. The sample selections below are reimbursable lunches.

Hamburger on a ww bun  
Milk  
Fresh fruit  
\*\*\*

Hamburger on a ww bun  
Garden salad  
Green beans  
\*\*\*

Hamburger on a ww bun  
Green beans  
Milk  
\*\*\*

Hamburger on a ww bun  
Fresh fruit  
Green beans

Hamburger on a ww bun  
Garden salad  
Fresh fruit

There are several other combinations of three or four, but the above items will probably be the most frequently chosen. In your selection, you must take three or four different items. For instance, you could not take two hamburgers and count that as two items. The hamburger only counts as one item whether you select one or a dozen.

Check the menu daily so you will know which items in the school lunch you want to eat. Through your careful selection of only those foods you wish to eat, you will be helping to conserve both food and money, two valuable resources. Enjoy your lunch!!

In accordance with Federal Law & U.S. Department of Agriculture policy this institution is prohibited from discriminating on the basis of race, color, national origin, sex or disability.