

Dear Parents,

Recently it has been brought to the Food Service Department's attention that there may be some confusion regarding what qualifies as a reimbursable meal. The following gives a synopsis of what qualifies as a meal for both breakfast and lunch as determined by the United States Department of Agriculture's standards for school nutrition. The following applies to **ALL** students.

A **breakfast meal** can have up to all 4 items listed below but must have at least 2 of the items to qualify as a meal:

- 1oz of Grain/Bread
- 1oz of Meat or Meat Alternative
- 4oz of Fruit or Juice
- 8oz of Milk

Students with more than 4 of the above items will be charged accordingly per item. Also, students with less than 2 items will be charged for each item individually since less than 2 of the 4 items offered is not considered a meal. Ala Carte snacks and bottled drinks are also available at an additional charge.

A **lunch meal** can have all 5 of the items listed below, but must have at least 3 of the items to qualify as a meal:

- 2oz of Meat or Meat Alternative
- 6oz of Vegetable
- 4oz of Fruit
- 2oz of Grain/Bread
- 8oz of Milk

Students with more than 5 of the above items will be charged accordingly per item. Also, students with less than 3 items will be charged for each item individually since 2 or less of the 5 items is not considered a meal. Ala Carte snacks and bottled drinks are also available at an additional charge as well as extra entrees, extra sides, and extra milks.

Students who check out with fewer items on their tray than what is considered a meal are encouraged to go back and obtain additional item(s) to make their meals whole, balanced, and nutritious. Subsequently, the Food Service Department asks that the preceding information be shared with your student(s) so that meals remain within the family budget, and above all, healthy.

For any questions regarding this letter please feel free to contact me at any time.

Thank you,

Hilary Baker
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