

What Qualifies as a Meal – Salad Bar:

The middle/high school salad bar is available daily throughout the school year. In order to satisfy the minimum meal requirements as mandated by the USDA, a student that is planning to make a meal exclusively from visiting the salad bar must have a minimum of three of the following on their tray:

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

An ideal salad that qualifies as an entrée will have:

- Option 1.
 - 3 tong servings of lettuce
 - 1-2 tong servings of diced tomatoes (optional)
 - 1-2 tong/spoon servings of carrots or olives (optional)
 - 3-4 tong servings of diced ham or cubed chicken
- Option 2.
 - 3 tong servings of lettuce
 - 1-2 tong servings of diced tomatoes (optional)
 - 1-2 tong/spoon servings of carrots or olives (optional)
 - 2-3 tong servings of Cheese

To qualify as a meal, students must have one of the two salad entrée options in addition to a serving of either a fruit, grain/bread, or a milk. Any amounts less than what is stated above will be accepted to satisfy the daily vegetable requirement and will not be charged for as an entrée on its own.

The food service staff will be trained to recognize amounts and will charge accordingly per amount taken. If there are any questions or concerns regarding this, please feel free to contact me directly at the information provided below.

Thank you,

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