

HOW THE ELEMENTARY SCHOOL LUNCH PROGRAM WORKS

Dear Parents/Guardians:

Here are some tips in making your child's lunch choices a little easier.

Elementary School Lunch \$2.00

There are 5 components to a School Lunch. A Student will choose 3 of the 5 components to be considered a lunch. A selection of a fruit OR vegetable is required to be considered a meal. Components can not be substituted for each other. We OFFER all components. We do not SERVE all components on the tray.

Choose a min of 3 of the following:

1. Meat/Meat Alternate

We offer hot entrée(s), listed on your menu. We also have available daily the following alternatives:

PB & J, Cheese Sandwich, Yogurt Lunch, Bagel Lunch, Ham & Cheese Sandwich, Turkey & Cheese Sandwich, or Garden Salad
Sandwiches will be made on Whole Wheat Bread

2. Fruit OR Juice

½ cup of Fresh fruit, fruit cup, dried fruit, or 100% fruit juice.

Your child will choose one, if both are chosen there is an additional charge of \$.50

3. ½ cup Hot Vegetable of the day or baby carrots. These are not placed on every tray.

Your child will choose one but is not mandatory.

4. Bread/Grain – this could be part of an entrée, or an additional side item

5. Choice of Antibiotic, Hormone Free Milk – Fat Free, 1% or, Fat Free Chocolate. Milk is chosen, not mandatory.

6. Pay at the register

Punch in your pin number

If you have cash, please have it ready and don't forget to wait for your change. Exact change is always appreciated. If a student leaves the register before change can be given, it will be placed on account.

WE SERVE THE FOLLOWING A LA CARTE SNACKS

\$.85 Assorted Baked Chips (baked lays, Doritos, Cheetos, pretzels, Smartfood popcorn, Sunchips)

\$.85 Fruit snacks

\$1.00 Whole grain pop tart

\$1.25 Rice Kripsy Treat

\$1.00 Lindens cookies

\$1.25 16 oz bottled water

\$.50 Milk or Juice

Elementary Lunch Program Information

- Menu is High Fructose Corn Syrup Free as much as possible including Sliced Bread
- Lunch is \$2.00
- A fruit or vegetable is required with all lunch purchases
- Milk choices are 1%, skim, or fat free chocolate. Milk is antibiotic hormone free.
- Ground turkey or ground chicken is used for tacos and nachos unless listed as beef on the menu
- Offer fresh salads daily
- Ground beef is 95% lean and 100% ground beef, no fillers.
- 51% whole grain breads and only whole grains and pastas
- Trans fat free
- Only dark leafy green
- Baby carrots are offered daily
- Canned fruit is packed in water, juice, or light syrup. Juices are 100% juice.
- Snacks meet NYS "Choose Sensibly" program guidelines.
- All entrée and sides listed on the menu are peanut and tree nut free. No nuts or nut oils are used in the preparation process. The exception being P&J.
- We use microfiber biodegradable trays

Daily alternatives: All lunches include offered sides.

- Garden Salad with Mozzarella Cheese Sticks
- PB&J on wheat bread
- bagel lunch which includes choice of Mozzarella String cheese or 4 oz. yogurt
- Deli Turkey, Ham, and American Cheese Sandwiches.

Snacks Offered

- Small bag assorted baked chips \$.85
 - Baked Lays, Doritos, Cheetos, Sunchips, Smartfood Popcorn
- Whole Grain Rice Krispy Treats \$1.25
- Lindens Cookies \$1.00
- Pop Tart \$1.00
- Fruit Snacks \$.85
- Cereal Pouches \$1.00
- Milk \$.50
- Juice or Fruit \$.50
- Bottled water \$1.25

Farm to Schools

We participate in the farms to schools program. Fresh produce is purchase from local farmers within a few hundred miles of Pearl River. The featured item is listed on the menu monthly and more information can be found on pearlriver.org under school lunch info.