

## Meal Information

### **BREAKFAST Only**

The cafeteria is open prior to the start of school, serving breakfast. Breakfast includes an entrée with fruit or juice and milk. Breakfast is \$2.50.

High School & Middle School 7:25 - 7:55 am

San Lorenzo Elementary 7:25 - 8:15 am

Boulder Creek Elementary 8:00 - 8:25 am

### **LUNCH ONLY**

Below is a summary of the current Lunch meal pattern and what your child can expect in his/her cafeteria! Lunch is \$3.50

Lunch Meal Pattern - Meals are based on the 5 components of the MyPlate:

1. Meat/Meat Alternate
2. Grains
3. Fruits
4. Vegetables
5. Milk

Reimbursable Meal - Students will need to select at least 3 out of the 5 components. Students **must** take 1/2 cup of fruit or vegetable.

Fruits & Vegetables - Will offer subgroups of vegetables with minimum amounts each week. Subgroups include red/orange, dark green leafy, beans/legumes, starchy

Grains - Decrease in the amount & size of servings. Minimum amounts each week. Half the grain items offered on the menu must be Whole Grain-Rich (first ingredient is the whole grain).

Meat/Meat Alternate - Decrease the amount & size of servings. Minimum amounts each week.

Milk - Low-fat (1%) and non-fat will be offered.

Calories - Lunches must fall within a range of calories specific to the grade group.

K-5	* 550-650 Calories, Less than 10 % Sat. Fat
6-8	* 600-700 Calories, Less than 10% Sat. Fat
9-12	* 750-850 Calories, Less than 10% Sat. Fat
	* based on a weekly average

Sodium (Salt) - The amount of sodium allowed will gradually decrease over 10 years.