



***Starting Monday, November 2nd, all CCISD intermediate schools will offer free meals through the United States Department of Agriculture's school meal program.**

How To Build a Meal:

WHAT MAKES UP A BREAKFAST MEAL?

Students May Select Up To:

1 MAIN DISH

2 FRUITS + 1 MILK

- Students must select at least 3 of the above food items and 1 **MUST** be a fruit or juice.
- Main Dish consists of 2 items.
- Students may select 2 of the same fruits, but may NOT select 2 juices.

WHAT MAKES UP A LUNCH MEAL?

Students May Select Up To:

1 MAIN DISH

2 FRUITS + 2 VEGGIES + 1 MILK

- Students must select at least 3 of the above food groups and 1 **MUST** be a fruit or a veggie.
- Main Dish consists of 1 Meat/Meat Alternative and 1 Grain (2 groups).
- Students may select 2 of the same fruits or veggies, but may NOT select 2 juices.

Please Note:

- *Free meals will be offered on all intermediate cafeteria serving lines.
- *A La Carte pricing will apply to any item that does not contribute to a meal.
- *Visit Schoolcafé to view new intermediate menus & additional information on building a meal.

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