


HOW TO BUILD A MEAL

Please log in to your SchoolCafé account to view specific menu items that are being offered at your child's campus.
This document is designed to help you and your student understand how to make a meal.

PRE K STUDENTS

**WHAT MAKES UP
A BREAKFAST MEAL?**
Students Must Take All of the Following:

1 MAIN DISH




1 FRUIT + 1 VEGGIE + 1 MILK

- Students must take **ALL** of the following food items listed above.
- Only unflavored milk is allowed.

**WHAT MAKES UP
A LUNCH MEAL?**
Students Must Take All of the Following:

1 MAIN DISH




1 FRUIT + 1 VEGGIE + 1 MILK

- Students must take **ALL** of the following food items listed above.
- Only unflavored milk is allowed.

K-5 STUDENTS

**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 a 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.
- Students may select 2 of the same fruits or veggies, but may **NOT** select 2 juices.

INTERMEDIATE STUDENTS

**WHAT MAKES UP A
BREAKFAST MEAL DEAL?**

1 ENTRÉE




UP 2 ADD ONS

- Meal deal items are notated on the breakfast serving line with yellow signs.
- Students may **NOT** choose double add ons.

**WHAT MAKES UP A
LUNCH MEAL DEAL?**

1 ENTRÉE



UP 2 ADD ONS

- Meal deal items are notated on each line with yellow signs. Meal deals are offered on all lines.
- Students may **NOT** choose double add ons.

HIGH SCHOOL STUDENTS

**WHAT MAKES UP A
BREAKFAST MEAL DEAL?**

CHOOSE UP TO 2 ITEMS



1 JUICE, MILK OR WATER

- Meal deal items are notated on the Breakfast Bar serving line with yellow signs.
- Students may **NOT** choose double items.

**WHAT MAKES UP A
LUNCH MEAL DEAL?**

1 ENTRÉE



UP TO 2 ADD ONS

- Meal deal items are offered on the Mexican, Pizza and Burger serving lines. Meal deal items are notated with yellow signs.
- Students may **NOT** choose double add ons.

*Students who qualify for free or reduced-price meals will receive meal deals at applicable price.

If you have further questions, please feel free to contact the Child Nutrition Department @ 281-284-0700