

Questions about lunch?

❶ What is a Qualified Meal? It is a meal which falls under the guidelines of the National Free and Reduced Lunch Program and consists of at least 3 out of 5 following components:

1. **Main Entrée** (Indicated portion)
2. **Bread** (usually included with the main entrée)
3. **Fruit** (1 scoop)
4. **Vegetable** (1 scoop)
5. **Milk** (8oz)

See inside for complete details

❷ What do I get with a qualified meal? At the secondary buildings all main entrees are sold individually or as part of a meal. Each "meal" includes the main entrée (see signage), your choice of fruit, vegetable and milk.

❸ Do I get any discounts for buying a qualified meal? Yes. Many items at the secondary buildings are discounted with the purchase of a qualified meal. See signage or cashier for details

❹ If I am free or reduced, what can I get to eat? Free and reduced participants are entitled to ANY qualified meal. You may also purchase additional items and receive appropriate pricing.

Farwell Area Schools and Chartwells Educational Dining

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Farwell Area Schools

Meal Component Guide



Breakfast

What is a Qualified Meal for Breakfast?

All buildings within Farwell Area Schools offer a standard lunch with a set price called a Qualified Meal*. A qualified meal is one that meets the requirements of the National School Lunch Program guidelines. Those guidelines are as follows:

USDA Offer vs. Serve Food-based Menu Planning

1 milk

1 fruit item

1 meat or meat alternative item (protein)

1 grain or cereal item

All students must take 3 of the 4 above items, and may select all 4, in order for the meal to be considered "qualified". The combinations may be 1 fruit OR 1 milk ALONG WITH either 1 grain and 1 meat OR 2 grains OR 2 meats. All qualified meals are eligible for federal reimbursement under the NSBP guidelines. All qualified meals are priced as a meal and deviations may result in ala Carte pricing.

Meal Example:

Bagel (grain)

Fresh Fruit or Juice (fruit)

Carton of Milk (milk)

Lunch

What is a Qualified Meal for Lunch?

All buildings within Farwell Area Schools offer a standard lunch with a set price called a Qualified Meal*. A qualified meal is one that meets the requirements of the National School Lunch Program guidelines. Those guidelines are as follows:

USDA Offer vs. Serve Food-based Menu Planning

1 meat or meat alternative item (protein)

1 vegetable item

1 fruit item

1 bread item (usually included with protein choice)

1 milk

All students must select at least 3 of the 5 above items, and may select all 5, in order for the meal to be considered "qualified". Any combinations are allowed. All qualified meals are eligible for federal reimbursement under the NSLP guidelines. All qualified meals are priced as a meal and deviations may result in ala Carte pricing.

Meal Example:

Hamburger on a Bun (bread and meat)

Green Beans (vegetable)

Sliced Peaches (fruit)

Carton of Milk (milk)

Free and Reduced Meals

Free and Reduced

Participants please read

All meals received must meet the minimum required components to be eligible to free or reduced pricing for both breakfast and lunch. Be aware that some items contain more than one component. If all required components are not taken the meal is subject to charge.

Milk only is NOT allowed under the program guidelines.

See cashier for further details

Farwell Area Schools is partners with Chartwells Educational Dining Services

Meal Pricing:

Elementary Lunch \$1.25

Breakfast \$.75

Secondary prices are:

Standard Lunch \$1.50 Premium \$2.00

Standard Breakfast \$.75 Premium \$1.00