

# SCHOOL MEAL GUIDELINES

## MEAL COMPONENTS

MEAT / MEAT  
ALTERNATIVE

BREAD/GRAIN

FRUIT  
FRUIT JUICE  
VEGETABLE

8-OZ. MILK

*Note: All entrees are 2 components, meat/meat alternative plus bread/grain*

### **BREAKFAST MEAL ~ FREE FOR THE 21-22 SCHOOL YEAR**

FULL PAY— \$1.50 | REDUCED PRICE \$0.25 | MILK \$0.60

Students must take 3 of the 4 meal components offered (all of above except for vegetable). One component must be a fruit; they are allowed to take all 4 components if they choose.



#### **EXAMPLE BREAKFAST MEALS:**

Whole bagel, orange, milk  
Muffin, cereal, fruit juice, milk  
Pancake sausage wrap, fruit juice, milk  
Cereal, orange, milk  
Breakfast Break, alone or with milk

### **LUNCH MEAL ~ FREE FOR THE 21-22 SCHOOL YEAR**

FULL PAY— \$2.70 (K-5) \$2.90 (6-12) | REDUCED PRICE \$0.25

MILK \$0.60 | ADULT LUNCH WITH TAX \$5.16

Students must take 3 of the 5 meal components offered (one component must be a fruit or vegetable); They are allowed to take as much as one entrée, up to 4 side choices, and an 8-oz. milk. Each entrée includes 2 components—meat/meat alternative and bread/grain; this plus one fruit or vegetable will make a complete meal.

#### **EXAMPLE LUNCH MEALS:**

Chicken tenders, rice, orange, milk  
8-oz. yogurt, apple, side salad, milk  
8-oz. yogurt, green beans, fruit juice  
Yogurt Parfait, fruit cup, croissant  
Entrée salad, peaches, milk  
Pizza, apple, fruit juice, milk  
Hamburger, pears, milk  
Fiestada, fruit juice



## ***IMPORTANT NOTE:***

***Students must take the components as indicated in order to receive a meal at the value price (\$1.50 breakfast or \$2.70/\$2.90/lunch) or to use any free/reduced price meal benefits.***

*Students are allowed one value-price breakfast meal and one value-price lunch meal per day, which applies to all pay statuses: full-pay, reduced-price and free; additional meals are charged at ala carte prices.*

***If students do not take the required meal components as described above, they are charged ala carte prices.***

*Chips, bag snacks, ice cream, bottled water, and canned/bottled drinks are not included in meal pricing and are charged ala carte prices.*

*2nd entrée or extra salad, vegetables, etc. over and above what is included with meals are charged ala carte prices. The ala carte price list can be found on the “Lunch Menu Tab” on the school website: [www.eastiron.org](http://www.eastiron.org)*



*Make on-line deposits to your student's account at [www.myschoolbucks.com](http://www.myschoolbucks.com) or download the app.*

*Search “MySchoolBucks” available for iOS and Android*



*Check the lunch menu online at*

***[www.eastironschools.nutrislice.com](http://www.eastironschools.nutrislice.com) or download the app.***

*Search “Nutrislice” available for iOS and Android*