What Makes a School Meal

Through the National School Lunch Program (NSLP) and School Breakfast Program (SBP), every meal served at school meets strict nutrition standards set by the USDA, ensuring all students receive a healthy and delicious meal. See below for some highlights and guidelines.

Fruit will be offered every day. Juice can be offered 50% of the time but it must be 100% juice.

80% of grains offered will be whole-grain rich.

Vegetables will be offered every day, with all of the vegetable sub-groups served over the course of a week.

All milk, flavored and unflavored, must be non-fat or 1%. Students will have two options per day.

Did You Know?

Through the Offer versus Serve (OVS) provision in the NSLP and SBP, students are able to decline some of the food offered. The goals of OVS are to reduce food waste in the school meals program while permitting students to decline foods they do not intend to eat.

Lunch consists of 5 components: fruits, vegetables, grains, meat/meat alternates, & milk. Students must take at least 3 components. A fruit or vegetable is required with all lunches.

NSLP Lunch Example:

Breakfast choices are a little different. Breakfast consists of 3 components: fruits, grains, and milk, with meat/meat alternatives available. Students must take at least 3 of the offered items at breakfast, one must be a fruit or vegetable.

SBP Breakfast Example:

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serving up happy & healthy