

North Montgomery School Corporation Food Services

Understanding the Meals Offered:

A Customer's Guide

Each day our customers are offered a lunch containing the following food groups: Meat or Meal Alternate Grain Fruit Vegetable Milk	Out of the 5 food groups a student is offered, one must choose at least 3 food groups for a meal. One of the food groups must be a fruit or vegetable. Some of the menu choices may count as 2 food groups such as pizza or sandwiches. A student may take the minimum of the 3 components or take all 5 food groups.
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While the most nutritious lunch contains all these options, we understand that sometimes our students do not like some of the items we serve. To accommodate the taste of individual students, they are given the option to decline items they do not want to eat.

Example Lunch Menu: Salisbury Steak Whole Grain Roll ½ cup Whipped Potatoes ½ cup Green Beans ½ cup Peaches 8 oz. milk	A student could choose: <ul style="list-style-type: none">• Salisbury steak, roll, whipped potatoes, green beans, peaches and milk.• Salisbury steak, peaches and milk.• Salisbury steak, roll, peaches, and milk.• Salisbury steak, whipped potatoes and peaches.• Whipped potatoes, roll and peaches.• Roll, green beans, peaches and milk. Any combination of 3 to 5 food groups contribute towards a meal as long as a fruit or vegetable is selected.
Each day our customers are offered a breakfast containing the following food groups: Meat or Meat Alternate Grain or 2 Grains (no meal alternate) Fruit or vegetable Milk	Out of the 4 food groups offered at breakfast, one must choose at least 3 food groups for a meal. One of the food groups must be a fruit or vegetable.

This institution is an equal opportunity provider.