

MENUS AND CHOICES

Our menus are required to be in compliance with the United States Department of Agriculture (USDA) regulations. Menus must include whole foods and food groups which encourage students to eat nutritious foods. The food groups are similar to MyPyramid, and are referred to as “components”. The five components that are required to be offered are:

COMPONENT	EXAMPLES
Meat/Meat Alternate	Meat , Cheese, Yogurt, Peanut Butter
Bread/Grains	Pasta, Bread, Rice, Tortillas
Fruit	Juice; Fresh, Canned, or Frozen fruit
Vegetable	French Fries, Tater Tots, Fresh, Canned, or Frozen Vegetables
Milk	White or Flavored Milk

Breakfast

At least four components are offered at breakfast and are typically meat/meat alternate; bread/grains; fruit; milk. Occasionally a vegetable may be offered with a hot breakfast. At breakfast a student must take 3 components to make a meal but may take 4 or all 5 components for the same price as a 3 component meal.

Lunch

At lunch, all five components are offered. Once again, students must take at least three components, in any combination, to make a meal. Students may take up to five components for the same price as a three component meal. Fruits and vegetables are interchangeable--students may take two fruits, two vegetables, or one of each, as long as they're not from the same base. For example, an orange and apple juice count as two separate components while an orange and orange juice is not allowed. Orange and orange juices are not allowed on the same meal because these items are from the same base.

Frequently Asked Questions

What is a reimbursable meal?

- A reimbursable meal is a meal that meets the United States Department of Agriculture’s (USDA) nutritional guidelines as described above. Students receiving free and reduced lunch must choose a complete meal (i.e. a minimum of 3 components) as they must follow the reimbursable meal requirements. A la carte purchases are not covered by the free and reduced lunch program.

Can I have a double portion of an item?

- Not with a reimbursable meal. A double portion may be served, but the second portion is considered an a la carte purchase and will cost extra.

Why isn’t water included with a reimbursable meal?

- The USDA’s guidelines do not permit water to be included with a meal or substituted for milk as water does not contribute nutritional value to the meal.

Where can I find the menus?

- All menus are posted on the CBSD homepage on the left hand side under “Quick Links”, titled “Cafeteria Menus”. This will bring you to a new page—hold the mouse over the menu link and the breakfast and lunch menus will appear.