

## WHAT'S IN A LUNCH?????????

The food service welcomes all students for lunch in our school cafeterias. How does the program work?  
Read on.....

The middle and high school lunch includes the following: 1 entrée, 1 vegetable and/or fruit, 1 carton milk and 1 bread item. A food bar is included in the meal for students to complete their meal. The food bar consists of makings for a garden salad, (lettuce, fresh veggies, ), pasta salad, fresh fruits, menued fruit of the day and sometimes bread items. Seasonal items will be included when they are available.

When the student enters the serving line, an entrée will be chosen. Entrees are posted on signs at each station. Entrees will include:

1. a sub from sandwich central (the cost of this meal is \$2.50). This meal is free to students that qualify and reduced to students approved for reduced meals.
2. The origins meal of the day. (this is your good old comfort food—such as goulash, casseroles, etc.)
3. The fresh grille has a choice of hamburgers, cheese burgers and chicken sandwiches
4. The trattoria line holds the Italian favorites, such as pizza and a special of the day.
5. The Outtakes station serves grab and go items, such as, packaged salads and sandwiches.

*The student will choose ONE entrée from the above list. A student may purchase a second entrée—for example—a serving of goulash and a piece of pizza, which the price would be \$2.00 for the meal and \$2.00 for the second entrée, for a total of \$4.00. Students that qualify for reduced meals would pay \$.40 for the meal and \$2.00 for the second entrée, for a total of \$2.40. Students that qualify for free meals would pay nothing for the meal and \$2.00 for the second entrée.*

Choosing the entrée is the start of the student's meal, which can be finished off with the hot vegetable of the day and items from the food bar.

Milk is included in all meals and Lakeview schools serves 1% white milk, 1% chocolate, strawberry milk and skim milk.

A la carte items include bottled beverages such as 100% fruit juice and plain and flavored waters. Prices on these drinks range from \$1.00 to \$1.50. A la carte beverages ARE NOT included in the meal and are EXTRA COST for all students. A snack rack is also available, filled with healthy snack choices. Available are baked chips, 100 calorie bagged cookies, fruit gushers, animal crackers, pretzels, etc. **STUDENTS MAY ONLY PURCHASE A LA CARTE SNACKS IF THEY HAVE A POSITIVE BALANCE ON THEIR ACCOUNT OR HAVE CASH FOR THE PURCHASE OF THAT PARTICULAR ITEM.**

We hope this helps parents understand the meal program. We welcome all parents to come and eat with your child in our cafeteria—an adult meal is \$2.50. The food service feels students in the middle and high school are able to make the correct decisions about what food to take, with your guidance. If you do not wish for your child to take the a la carte items, explain that to him/her. We are able to print a note on the screen of the child's account, also, for the cashiers to halt the selling of these items.

Please feel that you can call the food service office at 989-352-7221 x2223 with any questions, or if you need to check the status of your child's account. We would be able to share with the parents, both the financial balance of the account and the history of what the child has eaten in the past.

Parents may apply for free and reduced meals at any time throughout the school year for their child. If a financial situation changes, please call for an application to be mailed to you. Parents whose children now qualify for reduced lunches may be able to qualify for free lunches if income status changes.

Breakfast is available for \$1.25 or \$.30 to reduced students and free to those that qualify.

You may set up an account at [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com) to monitor your child's account and to make deposits with a credit card.

Thank you,

Carla Cooper  
Food Service Director, Lakeview Community Schools