What Comes With My Lunch

High School

Your school participates in the National School Lunch Program. The Meal offered each day must comply with the regulations and contain the following items that are part of the value priced complete meal:

Meat (Protein)	2 oz. (Minimum daily)	2.4 oz. (Maximum Daily) *
Grains (Bread)	2 oz. (Minimum daily)	2.4 oz. (Maximum Daily) *
Fruit	1 Cup (Minimum daily)	
Vegetables	1 Cup (Minimum daily)	

Cafeteria must offer from 5 specific sub groups each week (Dark green, Red/Orange, Beans/Peas, Starchy, Other).

This includes a trip to the Farm Stand

Fluid Milk 8 oz.

The meal must also limit saturated fat and calories.

Everyone is encouraged to take all the items that make up a balanced meal. To be considered a meal it must contain a minimum ½ cup serving of fruit or vegetable.

For more information visit www.Pomptonian.com

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*Maximum serving sizes are new starting September 2012
Average daily maximum based on weekly maximum divided by 5 days