

Richland Elementary Cafeteria Guide to Lunch Choices

HOW TO CREATE A MEAL FOR THE LUNCH PRICE

A student needs to take a Fruit or Vegetable, and at least 3 of the lunch components to receive the meal at the lunch price. The student may select up to 5 of the lunch components and still only pay the lunch price for the meal.

WHAT IS MEANT BY “LUNCH PRICE”

The lunch price is the amount advertised on the menu that a student is charged. If the student does not take a Fruit or Vegetable, and at least 3 components, they will be charged for each item separately. This could result in paying more money for only two items instead of the lower price of an entire lunch. Just think of it as an extra value meal.

WHAT ARE THE COMPONENTS OF A LUNCH

There are 5 components to the lunch meal.

- The student may select 1 entrée from the cafeteria. This is the protein component and often also includes the grain.
- The student must choose a Fruit or Vegetable selection. There is a variety of fresh fruit, fruit juice, canned fruit, fresh vegetable and salad. When available the student may choose a cooked vegetable. This is two of the components, the fruit and the vegetable.
- The student may select 1 milk or chocolate milk.
- The student may take 1 roll with the meal where menued. We offer whole wheat rolls daily.

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WHAT ARE THE ENTRÉE SELECTIONS

The menu offers several entrees in which the student may choose from that are listed daily on the lunch menu.

- Two entrées are changed every day of the month.
- A cold sandwich entrée is available daily.
- An American Cheese Sandwich is available daily.
- Garden Salad is available daily.

Breakfast Is Served

HOW TO CREATE A BREAKFAST

A student needs to take at least 3 of the breakfast components to receive the meal at the breakfast price. The student may select up to 4 of the breakfast components and still only pay the breakfast price for the meal.

WHAT ARE THE BREAKFAST COMPONENTS

There are 4 components to the breakfast meal.

- The student may select 1 entrée. The entrée contains two components, either the protein and the grain or two grains.
- The student may choose 2 fruit items.
- The student may select 1 milk or chocolate milk.

