



What makes a meal?

We often get this question, whether a student receives free or reduced meal benefits, or because a meal is less expensive than purchasing several a la carte items. While many choices are available, especially at our secondary schools, we suggest first and foremost always remembering these basic yet important guidelines...

1. Take at least **THREE** and up to **FIVE** of the offered items (protein, grain, fruit, vegetable, milk).
2. **ONE** item **MUST** be a fruit or vegetable.
3. When in doubt, ask a cashier on duty. They are trained to know what makes up a reimbursable meal (i.e. a meal that qualifies for free or reduced price benefits).

Breakfast Guidelines

- Take at least three or up to five items. One must be a ½ cup fruit or 4 oz. juice
- Hot breakfast offerings count as two items, as they usually have a protein and a grain, or enough grain to count as two items.
- **EXAMPLE MEALS:**
 - Breakfast Pizza (grain & protein) + 4 oz. Juice (fruit)
 - Cereal (grain) + Milk + 4 oz. Juice (fruit)
 - Pancakes (2 grains) + String Cheese (protein) + Banana (fruit) + Milk

Lunch Guidelines

- Take at least three or up to five items. One must be a ½ cup fruit and/or vegetable.
- Most hot entrees count as two items (protein & grain).
- Additional notes based on school can be found below.
- **EXAMPLE MEALS:**
 - Cheeseburger on Bun (grain & protein) + Baked Tater Tots (vegetable) + Milk
 - Pizza (grain & protein) + Salad Bar (vegetable)
 - Grab and Go Popcorn Chicken Salad with Roll (protein, grain, vegetable)

At all elementary schools, we always offer a complete meal to students.

At WRAMS, we offer a complete meal in the lunch lines. Grab and Go salads, sandwiches, subs or bento boxes also make up a meal.

At Lincoln High School, students can create a reimbursable meal by visiting any one of the stations (World Market, WR Grill, Kitchen Classics, Main Event or Rapid River Café) and one of the salad bars. Grab and Go salads, sandwiches, subs or bento boxes also make up a meal.

What is **NOT** included in a meal?

1. A la carte items such as cookies, bottled water, chips, large bottled or canned juice, etc. These items have prices labeled at WRAMS and LHS.
2. An extra milk or milk on its own (that is **NOT** part of a meal) is considered an a la carte item. Only **ONE** milk is included with a meal.
3. Second entrees are an extra charge, such as a second slice of pizza or second sandwich.

Questions? Contact Lizzie Severson, Food Service Director, at 715-424-6703 ext. 2 or elizabeth.severson@wrps.net.

This institution is an equal opportunity provider.