



DON'T 4 GET!

Take at least **ONE**

FRUIT

OR

VEGGIE

and at least **THREE**
items total so your meal
counts as a complete lunch!



High Schools:

What's New
about "School Lunch"
at Champ's Café?!



Fruit or Vegetable now required by USDA*

+ What's new and different about "School Lunch"?

Your \$2.80 "School Lunch"

must now include:

1/2 cup serving of a fruit

or

1/2 cup serving of a vegetable

*USDA = United States Department of Agriculture

Fruit or Vegetable now required

To **avoid waste**, our goal for you is:

Take the foods that create a healthy
“school lunch”,



but please,

take ONLY what you will eat.

What makes a “School Lunch”?

+ Your “School Lunch” tray may have ALL these foods:

1. **Protein:** Meat or Cheese
2. **Bread/Grains:** such as pasta or rice
3. **Milk:** Lowfat or Nonfat

You may have two different kinds or types of fruits everyday

4. **Fruit * & Fruit *** (select one or two)

You may have two different vegetables everyday

5. **Vegetable * & Vegetable *** (select one or two)

And please remember,

*You must have either a **fruit or vegetable** or both
on your “School Lunch” tray

How many foods must I take?

+ Your "School Lunch" tray **must** have **at least 3** of these foods:

1. **Protein:** Meat or Cheese
2. **Bread/Grains:** such as pasta or rice
3. **Milk:** Lowfat or Nonfat

You may have two different kinds or types of fruits everyday

4. **Fruit * & Fruit *** (select one or two)

You may have two different vegetables everyday

5. **Vegetable * & Vegetable *** (select one or two)

And please remember

*You **must have** either a **fruit or vegetable** **or both**
on your "School Lunch" tray

Building Your Healthy “School Lunch”

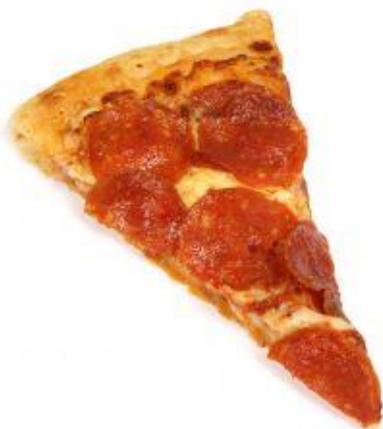
- + Your “School Lunch” could include
Pizza = bread/grain + protein and Fruit



This meal includes a 1/2 cup fruit!

Building Your Healthy “School Lunch”

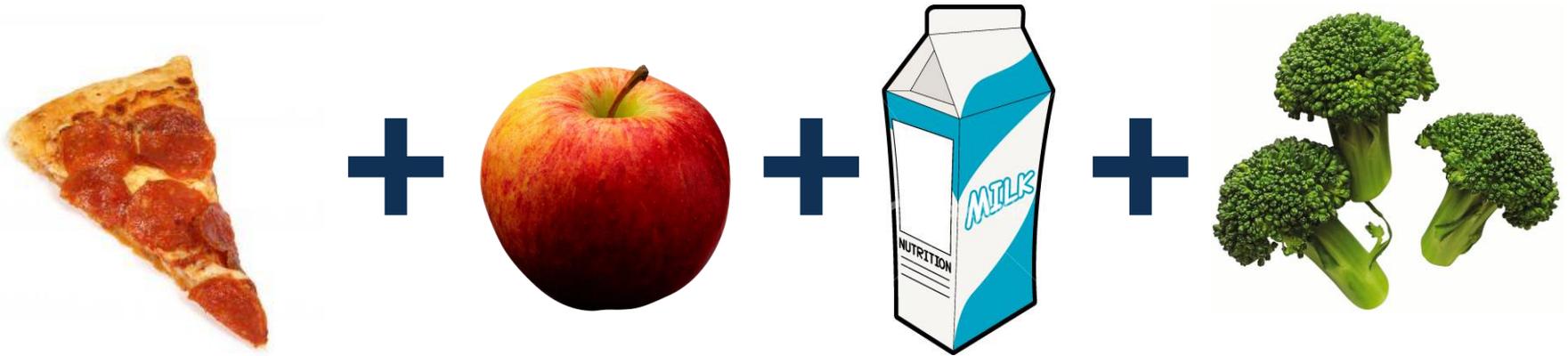
+ Or your “School Lunch” could look like this...



This meal includes a 1/2 cup fruit!

Building Your Healthy “School Lunch”

+ Or your healthy “School Lunch” could look like this...



This HEALTHY meal includes a
1/2 cup fruit and a 1/2 cup vegetable!

Building Your Healthy “School Lunch”

Your Lunch cannot look like this:



+



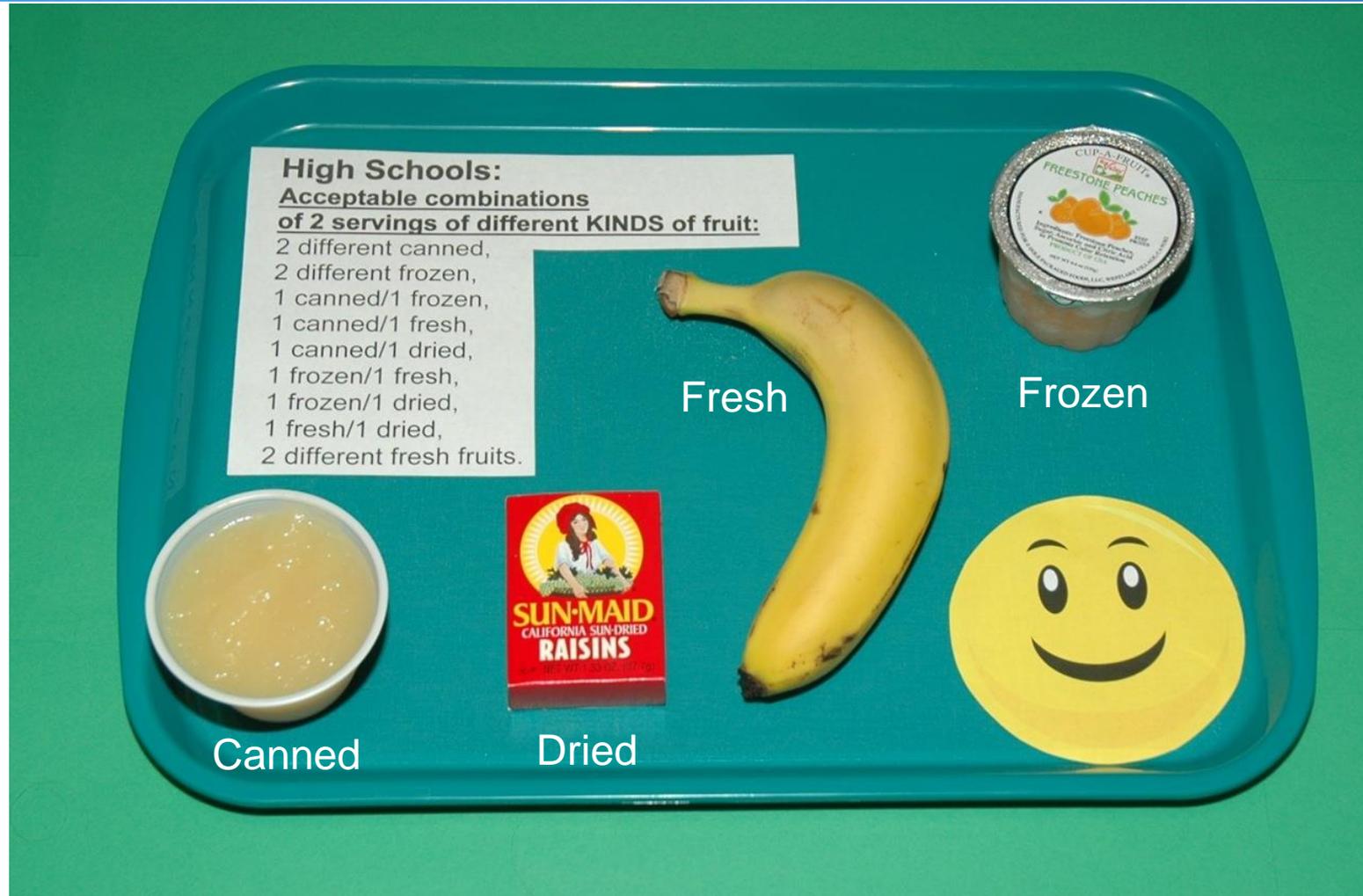
Because this meal does not include
a 1/2 cup of fruit or a vegetable!

So, what's different about "School Lunch"?

NEW THIS YEAR:

- + USDA requires that your "School Lunch" tray must have at least:
 - 1/2 cup of a fruit or 1/2 cup of a vegetable**
- + **You may have both fruit and vegetables!**
- + You may have TWO fruits and TWO vegetables... *They must be different kinds!*
- + Please **choose your fruit and/or vegetables** before getting to the cashier
- + All students **must have** a fruit OR a vegetable on the tray, or they will be sent back to select one!

Different KINDS or types of Fruit



Unacceptable combinations of TWO servings of Fruit:



Champ's Café

Serving Line Etiquette

- + Say "Please" and "Thank you" to all those who help you
- + Learn your keypad number
- + Talk to your friends using **low voices** so you can **hear** the Server ask you what you want for lunch
- + **Choose a fruit or a vegetable** that you will eat so that you do not waste good food
- + If you refuse to choose a fruit or a vegetable, your meal price will be **more expensive** because the food items will be charged separately

Champ's Café

Serving Line Etiquette

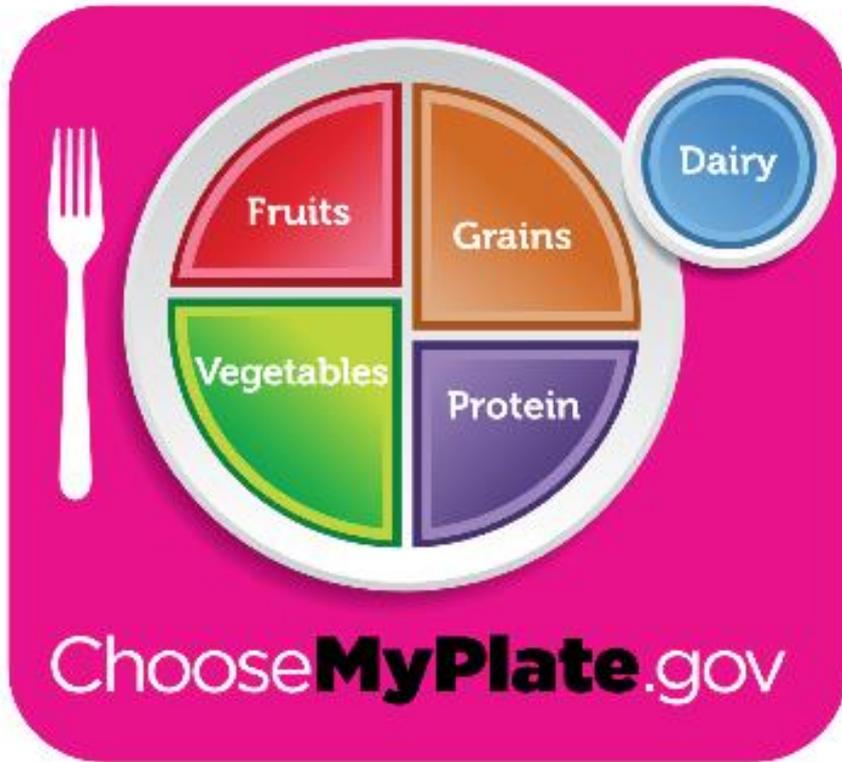
- + Have your **money ready** to hand to the Cashier
- + If you have a check, be sure your first and last name and keypad number are written on the check
- + Pay online with a credit or debit card: [PayPAMS.com](https://www.paypams.com)
- + Track your account balance for FREE: [PayPAMS.com](https://www.paypams.com)
- + As a courtesy, the Cashier can allow ONE meal to a high school student who does not have enough lunch money. You are expected to pay your debt the next day.
- + Keep a few dollars on your account as a “safety net.”

Champ's Café

Serving Line Etiquette

- + Give the Cashier your last name in a clear voice
- + Ask the Cashier for the **condiments** that you want, such as ketchup, mustard or mayonnaise
- + **Do not share food** with your friends. They might be allergic to a food and become very sick from eating it.
- + **Avoid Waste: Take** what you plan to eat, and **eat** what you take!
- + **Clean up your tray** when you are finished eating. Leave your table area clean for your fellow students.

gotSchoolLunch?



then you are eating healthy!