



**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!



*Middle 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 \$2.60 "School Lunch"**

**must now include:**

**1/2 cup serving of a fruit**

**or**

**1/2 cup serving of a vegetable**

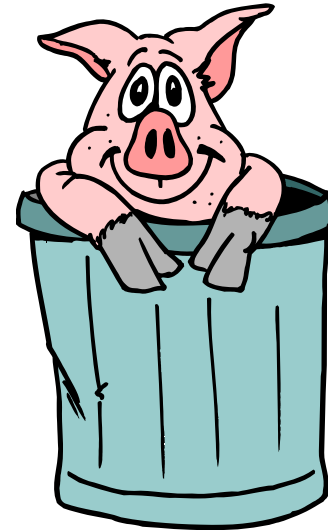
*\*USDA = United States Department of Agriculture*

# 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.**

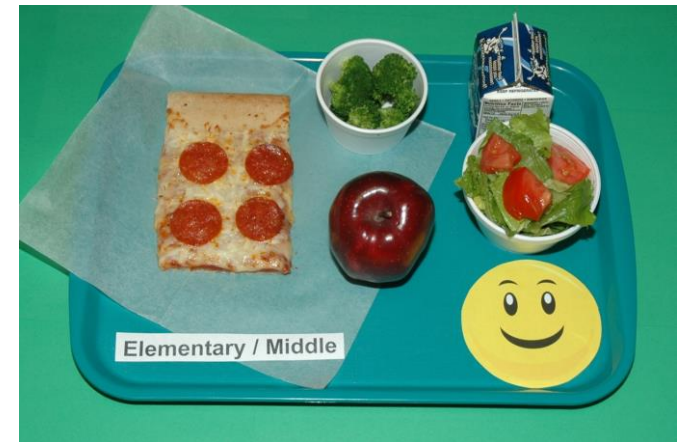
# What makes a “School Lunch”?

+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
4. **Fruit \***
5. **Vegetable \* & Vegetable \***

*and please remember,*

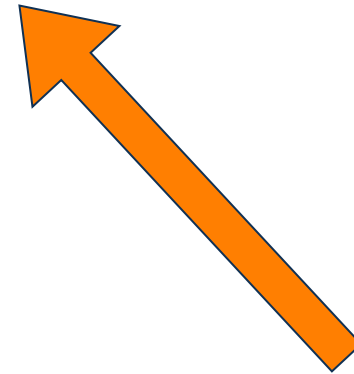
\*You must have either a **fruit or vegetable**  
or both on your lunch tray



# 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
4. **Fruit \***
5. **Vegetable \* & Vegetable \***



*and please remember,*

\*You must have either a **fruit or vegetable**

or both on your 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:**

- + Your 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!**

- + 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!

# 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

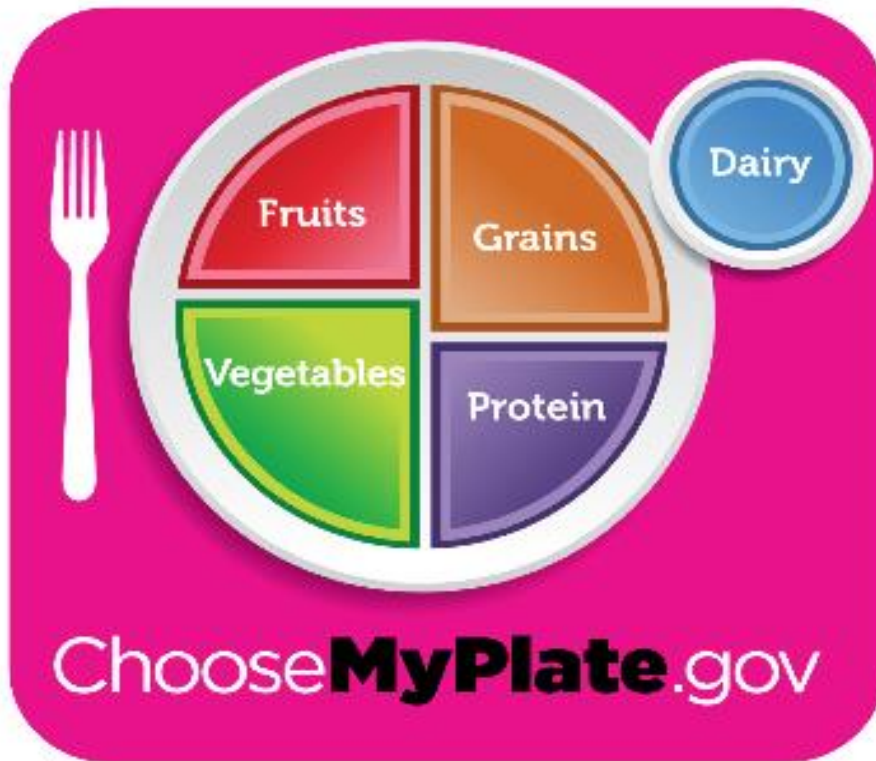
- + Have your **money ready** to hand to the Cashier
- + If you have a check, be sure your first and last name and keypad number are written on the check
- + Pay online with a credit or debit card: [PayPAMS.com](https://PayPAMS.com)
- + Track your account balance for FREE: [PayPAMS.com](https://PayPAMS.com)
- + As a courtesy, the Cashier can allow TWO meals to a middle 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!***