

What is a reimbursable lunch?

A reimbursable lunch consists of five components. Students may decline two components, but are required to take a fruit or vegetable.

What is a reimbursable breakfast?

A reimbursable breakfast consists of four components. Students may decline one component, but are required to take a fruit or vegetable.

Components of Reimbursable Meals

PROTEIN

Meat
Yogurt
Cottage Cheese
Eggs
Beans
Cheese

GRAINS

Bread/Buns
Cereal
Pancakes
Rice
Pasta
Corn Chips
Pizza Crust

VEGETABLES

Fresh vegetables
Steamed vegetables
Mashed Potatoes & Gravy
French Fries
Sweet Potato Waffle Fries
Refried Beans/Black Beans
Lettuce Salads
Vegetable Juice

FRUIT

Fresh Fruit
Canned Fruits
Applesauce Cup
Strawberry Cup
Peach Cup
Fruit Medley
Fruit Juice

MILK

Skim White
Skim Chocolate
Skim Strawberry

Goals

Provide education on the balance of proper eating habits and good health to our nation's children.

Provide nutritious agricultural foods for school meal programs.

National School Lunch Program

The Free and Reduced Meal Program includes one reimbursable lunch and one reimbursable breakfast per day. If a student on the Free and Reduced Meal Program selects ala carte items or seconds, regular pricing will apply.

The USDA regulates the National School Lunch Program. School districts receive reimbursement from the USDA for student lunches and breakfasts. Adult meals and second meals do not qualify for reimbursement.

Westside Community Schools
Nutrition Services