

# SCHOOL MEALS ARE *free* FREE BREAKFAST & LUNCH FOR ALL STUDENTS!

## What's for Breakfast?

Daily Breakfast Menus are planned according to USDA guidelines and offer 4 food groups.

**Students select daily from:**

- Hot and cold entree options
- Fresh fruit & 100% fruit juice
- 4 milk choices: 1%, Skim, Skim Chocolate, & Skim Strawberry



**Vegetarian entrees & options available DAILY**

## What's for Lunch?

Daily Lunch Menus are planned according to USDA guidelines and offer 5 food groups.

**Students select daily from:**

- Hot and cold entree options.
- At least 2 veggies sides, including daily fresh veggies!
- At least 2 fruit sides, including daily fresh fruit!
- 100% of grains offered are whole grain-rich.
- 4 milk choices: 1%, Skim, Skim Chocolate & Skim Strawberry



For more information about **Free Meal Kit Pick-Up & Locations** visit [fcsnutrition.com](http://fcsnutrition.com)



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