



## What Is a Reimbursable Meal? *Cont.*

*Example 1 of a Reimbursable Lunch:* The main item is WG spaghetti and with meat sauce. We put the pasta and meat sauce on the student's tray. Because it contains a bread/grain component and the meat component, the student then only needs to take a serving of a fruit or vegetable to meet the minimum requirement for a reimbursable meal. They also can take a carton of milk or other item offered as part of the regular lunch, such as one breadstick, and not be charged.

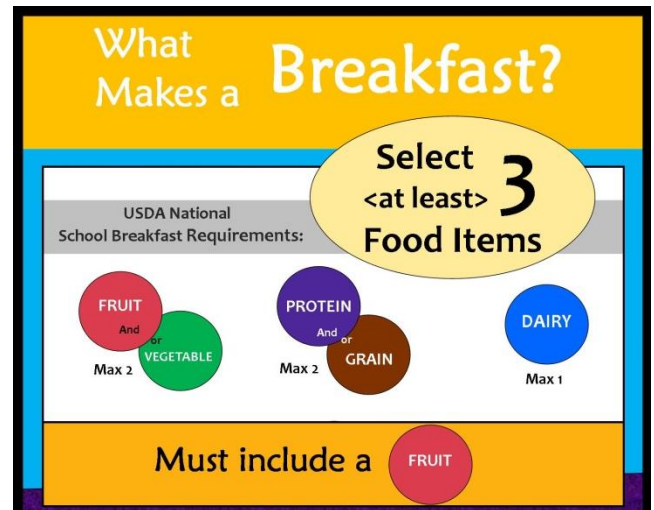
*Example 2 of a Reimbursable Lunch:* The main item is chili. The chili counts as the meat/meat alternate item. Students would have to take 2 more components for us to count that as a reimbursable meal. They could choose from an 8 oz. carton of milk, a serving of fruit, a serving of vegetables, or a serving of a bread/grain item. Again, one of the three components on their tray has to be a serving of a fruit or vegetable.

### **Breakfast:**

At breakfast, we are required to offer four components:

- 1-2 ounce equivalent servings of bread/grain
- ½ cup serving of fruit
- ½ cup serving of 100% juice
- Milk

Students are required to take a serving of a fruit to be counted as a reimbursable meal.



Offer vs. serve at breakfast requires students to take 3 of the 4 components. At minimum, we can count a breakfast as reimbursable if a student takes either milk or one 4 oz. juice serving with a combination of the bread/grain and meat components. Without being charged for an extra item, students can take a carton of milk, 4 oz. juice/fruit and a combination of the bread/grain and meat components.

### *Example 1 of a Reimbursable Breakfast:*

Whole Grain Pancakes, ½ cup fruit, and a carton of milk

### *Example 2 of a Reimbursable Breakfast:*

Cereal (1oz container), 1 piece of toast or 1 package of graham crackers, 1 carton of milk, and ½ cup of fruit.

All of our kitchen staff are trained to ensure that each tray holds a reimbursable meal!

Visit [www.newmarket.k12.nh.us/foodservice](http://www.newmarket.k12.nh.us/foodservice) for menus and more information

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### Build a Healthy Lunch

