



What Makes a Reimbursable Meal?

- There are FIVE food groups to choose from to make a meal. Students must pick at least THREE of the five food groups to create a complete meal:

- 1 - Grains (bread, taco shells, tortillas, noodles)
- 2 - Protein (meat, cheese)
- 3 – Fruits*
- 4 – Vegetables*
- 5 – Milk

***Students MUST take a fruit OR a vegetable serving to create a complete meal.**

- Entrée items usually have grains and protein, so these items count as two food groups. For example, a sandwich has meat (protein) and bread (grain). A piece of pizza has cheese (protein), meat (protein), and crust (grain).

- Examples of full meals include:

- Pizza (grain and protein) + carrots (vegetable)
- Hamburger on a bun (grain and protein) + baked tator tots (vegetable) + milk
- Roast turkey (protein) + peaches (fruit) + milk
- Roast turkey (protein) + bread slice (grain) + corn (vegetable) + milk

At North Shore Middle School, students can create a reimbursable meal at any of our stations: Sizzle, Bake, Taste, Crisp, or Outtakes.

At North and South Elementary, we always offer a complete meal to students.

What is not included in a meal?

1. **Milk** – an extra milk, or a milk by itself (that is NOT part of a meal) is considered an a la carte item. Only ONE milk is included with a meal.
2. **A la carte items** such as cookies, water bottles, smoothies, etc. These items are not in the main lunch lines.
3. **Second entrees** are an extra charge, such as a second slice of pizza or second sandwich.

Questions? Call Logan Wilson, Food Service Director, at 262-369-6750 or e-mail lwilson@hartlake.org.