

Elementary Schools:



Building a healthy
“School Lunch”
at Champ’s Café!

Fruit or Vegetable is required by USDA*

+ How do you build a healthy “School Lunch”?

Your “School Lunch”

must include:

1/2 cup serving of a fruit

or

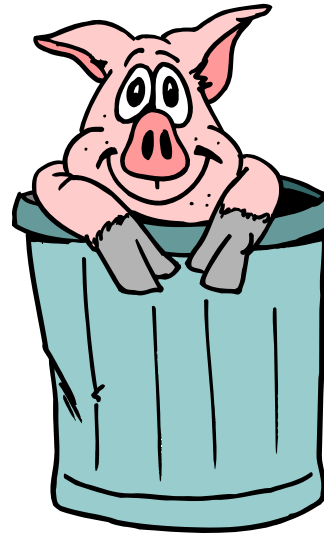
1/2 cup serving of a vegetable

**USDA = United States Department of Agriculture*

Fruit or Vegetable is 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 *** and **Vegetable ***

* 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 *** and **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”

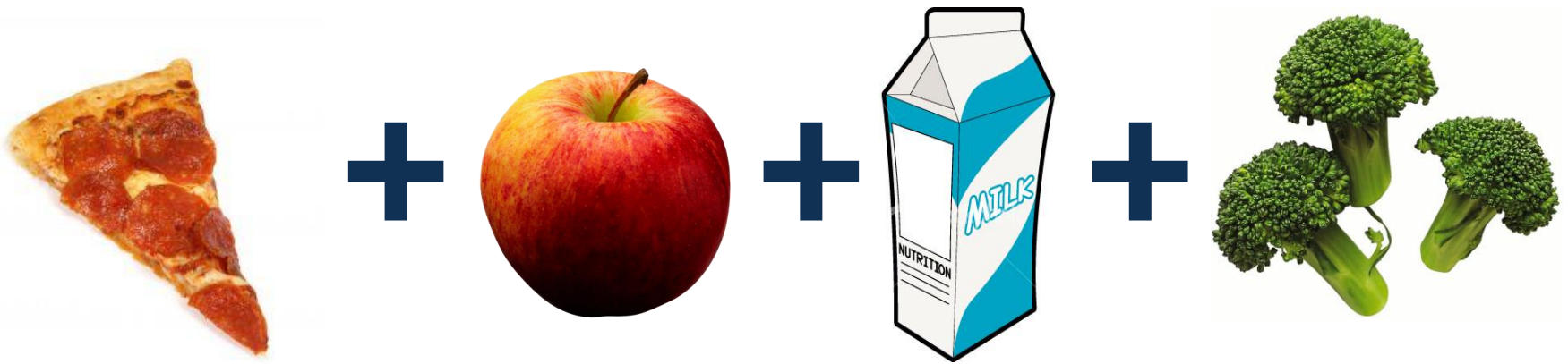
+ Or your “School Lunch” could look like this...



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 should a customer know about “School Lunch”?

- + Your “School Lunch” 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 their “School Lunch” tray, or they will be sent back to select one!
- + **Milk** is **NOT** required but it is important for you to drink Milk to build healthy bones and teeth

Champ's Café

Serving Line Etiquette

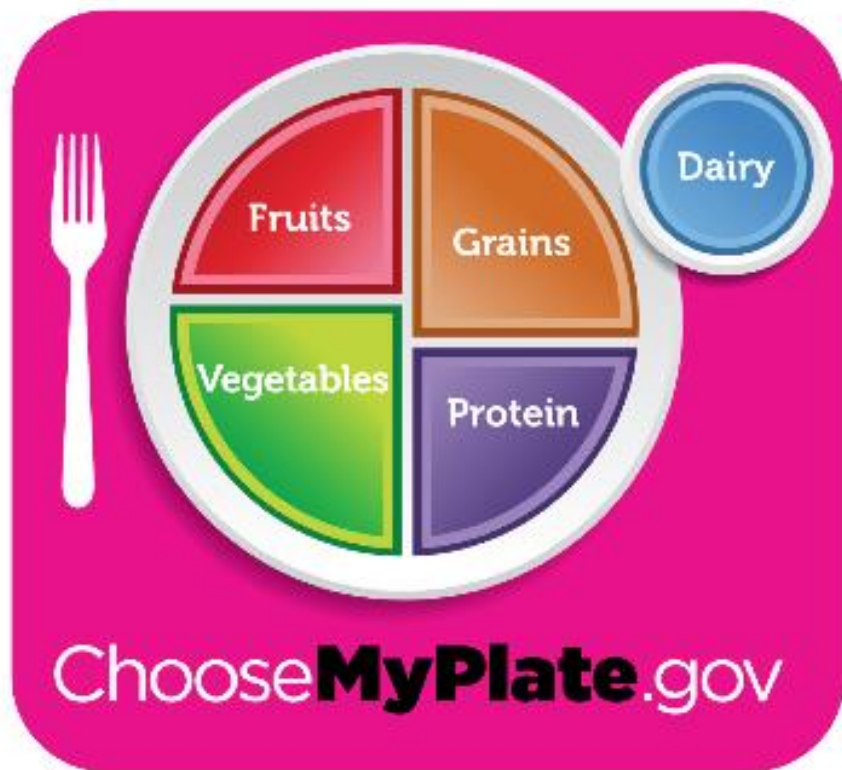
- + Please say "Please" and "Thank you" to all those who help you
- + Talk to your friends using **quiet voices** so you can **hear** the Server ask you what you want for lunch
- + Remember to take **condiment items** like BBQ sauce and ketchup while you are going through the serving line
- + Learn your keypad number; SMILE at the cashier after you enter your keypad number
- + When the Cashier smiles at you, give the Cashier your last name in a clear voice
- ★ Wait until you hear "Thank You" before you go to your seat

Champ's Café

Serving Line Etiquette

- + 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
- + **Do not share food** with your friends. They might be allergic to a food and become very sick from eating it.
- + **Choose a fruit or a vegetable** that you will eat so that you do not waste good food
- + **Avoid Waste: Take** what you plan to eat, and **eat** what you take!
- + **Clean up** your tray when you are finished eating.

gotSchoolLunch?



then you are eating healthy!