

FREE AND REDUCED LUNCH OPTIONS

All students are entitled to the same lunch selections, whether they pay regular price or qualify for free or reduced pricing. Lunches do not include bottled beverages, snacks or desserts (cookies, ice cream, bag snacks).

ELEMENTARY

Your child is entitled to the daily lunch or alternate choice listed on the Springfield School District website. This lunch consists of:

- Meat/Meat Alternate (meat, cheese, egg, tuna, etc.)
- Bread or grain
- Fruit (fresh, canned or frozen)
- Vegetable (fresh, canned or frozen)
- Milk (1%, fat free or flavored skim) - **NO SUBSTITUTE BEVERAGE**

MIDDLE SCHOOL

A complete lunch consists of:

- **One** entrée – see choices below.
- Vegetable (hot selection or potato or celery/carrots/broccoli with dressing)
- Fruit choice (fresh, canned, or frozen) or fruit juice
- Milk (1%, fat-free or flavored skim)- **NO SUBSTITUTE BEVERAGE**

Entrée choices are:

- A hot sandwich – hamburger, cheeseburger, cheesesteak, chicken patty, or special sandwich of the day.
- A slice of pizza
- A deli sandwich, hoagie or wrap
- A premium salad with a roll
- The hot meal feature of the day

French Fries are NOT included with the lunch unless it is specified on the menu. They are a la carte otherwise.

HIGH SCHOOL

Although they do not participate in the National School Lunch Program at the high school, we offer eligible students a choice of **one** of the following options from the different stations. These complete lunches include 16.9 oz. bottled water **or** 8 oz. milk, **plus** a piece of fresh fruit.

- **Deli** – Sandwich or wrap, served with fresh vegetable.
- **Hot Entrée** - served with two sides.
- **Slice of Pizza** - served with a hot vegetable **or** fresh vegetable.
- **Grille** – Burger **or** Cheesesteak **or** Chicken Sandwich, served with a hot vegetable **or** fresh vegetable.
- **Salad Bar** – served with crackers or croutons. Salad Bar is to be put in the 12oz bowl to be a meal.

Please note the following items **are not included** in the free/reduced lunch program or “Value Meal” option:

- French fries, popcorn chicken, lattice fries, mozzarella sticks, onion rings
- All beverages other than the 16.9oz bottled water and 8oz milk.
- Snack foods (pretzels, nachos, bag snacks, etc.)
- Desserts (cookies, cakes, brownies, ice cream, etc.)

Please be aware that any food item outside of the items listed above will not be considered a component of a free or reduced price meal and must be paid for separately. If you require further clarification, contact the food services manager at your child’s school. A student receiving a free or reduced-price meal must choose at least 3 items (one must be a fruit or vegetable) for the lunch to be considered complete as per the Department of Child Nutrition regulations. Anything less than this will be considered an a la carte purchase and must be paid for by the student.