

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, frozen or 100% fruit juice)*
- *Vegetable (fresh, canned or frozen)*
- *Milk (1%, fat free or flavored skim)*

****Al La Carte items (Snacks, specialty beverages, desserts) are not included in the free/reduced lunch program.***

MIDDLE SCHOOL

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, frozen or 100% fruit juice)*
- *Vegetable (fresh, canned or frozen)*
- *Milk (1%, fat free or flavored skim)*

****Al La Carte items (Snacks, specialty beverages, desserts) are not included in the free/reduced lunch program.***

HIGH SCHOOL

*Your child is entitled to one free lunch/entrée. All meals come with a choice of fruit (fresh, canned, frozen or 100% fruit juice), vegetable (fresh, canned or frozen) and milk (1%, fat free or flavored). The stations at the High School are listed below. * Contrary to when the High School was operating off-program – 16.9oz water bottles are **not** included with a meal. **

- *Deli – Made to order sandwich or wrap*
- *Hot Entrée – Entrée changes daily*
- *Pizza – Plain or pepperoni*
- *Grill – Burger **or** Chicken Sandwich, served with a hot vegetable **or** fresh vegetable.*
- *Salad Bar – Made to order salad. Dinner roll included with salad.*
- *Extra Extra – This station will offer a variety of fresh vegetables and fresh/canned fruits to “complete” your students’ meal.*

****Al La Carte items (Snacks, specialty beverages, desserts) are not included in the free/reduced lunch program.***

- *French fries, popcorn chicken, lattice fries, mozzarella sticks, onion rings*
- *All beverages other than the 4oz juice or 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.