

GATEWAY SCHOOL DISTRICT
FOOD SERVICE DEPARTMENT

NOTICE TO STUDENTS AND PARENTS

OFFER VS. SERVE
LUNCH

Federal regulations state that Gateway Schools must offer the 5 food components of the “Type A” lunch but that students in all grades, including elementary can refuse as many as 1 or 2 items. The enactment of these regulations was prompted by a desire to eliminate, or at least significantly decrease, the waste of food that occurs when students discard food items.

Students need take only 3 or 4 components of the “Type A” lunch to purchase it at the established price. Taking 3 or 4 components will not decrease the purchase price because the student’s payment does not cover the full cost of the lunch.

The 5 components of the “Type A” lunch are:

1. 1 serving of protein, such as a hamburger, hot dog, meat and cheese in the pizza or spaghetti, fish, chicken, baked beans.
2. 2 servings of fruit and/or vegetable.
3. 1 serving of bread (The crust in pizza is a serving of bread).
4. 1 – ½ pint of milk.

A dessert that contains no fruit is not considered as one of the 5 components even though included in the price of the lunch. Pudding, Jello, cookies and cake are not considered to be one of the components.

Some foods contain more than one component. For instance:

1. Pizza contains 3 – protein (meat, cheese), vegetable (tomato sauce), and bread (crust).
2. Spaghetti contains 3 – protein (meat, cheese), vegetable (tomato sauce), and Bread (pasta).

Some examples of 3 component lunches that can be purchased for the established price are:

1. Pizza (protein, vegetable, bread) and Milk.
2. Hamburger or Hot Dog (protein, bread) and Milk.

Some examples of lunches that are not 3 component “Types A” lunches are as follows: (a la carte prices would be charged for these meals)

1. Hamburger (protein, bread) Cookie and Potato Chips
2. Meat Loaf (protein, Jello and Milk)

Parents are urged to inform their children of these regulations. Food Service employees will also be helping the students understand the program when they have lunch at school.

OFFER VS. SERVE

BREAKFAST

The school breakfast must contain the following 4 food items:

1. One (1) ½ pint of milk.
2. ½ cup fruit and/or vegetables or ½ cup full strength fruit juice.
3. Two servings of bread or bread alternate.
OR
Two servings of meat or meat alternate.
OR
One serving of meat or meat alternate and One serving of bread or bread alternate.

Some examples of school breakfast offering all 4 components are:

1. Cereal (1 bread/bread alternate)
2. Muffin (1 bread/bread alternate)
3. Juice (fruit/vegetable)
4. Milk

OR

1. Toaster Pastry (1 bread/bread alternate)
2. Sausage Link (1 protein)
3. ½ Fresh Orange (fruit/vegetable)
4. Milk

OR

1. Cheese Croissant – *Equals 2* (1 bread/bread alternate and 1 protein)
2. Juice (1 fruit/vegetable)
3. Milk

Students need take only 3 of 4 components of the school breakfast to purchase it at the established price. Taking only 3 of the 4 components offered will not decrease the purchase price because the student payment does not cover the full cost of the breakfast.

As with lunch, parents are urged to inform their children of these regulations. Food Service employees will also be helping the students understand the program when they have breakfast at school

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