



Hesston Unified School District 460

150 N. Ridge Road • PO Box 2000 • Hesston, Kansas 67062-2092

Dear Student:

Offer increases your choice in student meals. Every lunch is planned to include all five food groups: 1. Fruit 2. Vegetable 3. Protein 4. Grains 5. Milk

The food groups for each meal will be posted at the beginning of each serving line. You are encouraged to take all the foods offered; however, you may decline up to two (2) food groups. Whether you take 3, 4, or 5 of the food groups, the meal is the same price.

Offer allows you to build a healthy meal by selecting 3 to 5 different food groups. One of those food groups must be fruits, vegetables or a combination of both.

STEP 1: Choose $\frac{1}{2}$ cup of fruits, vegetables or a combination of both.

STEP 2: Choose 2 or more of the following:

- Full Serving of Fruit – K-8 ($\frac{1}{2}$ cup) and 9-12 (1 cup)
- Full Serving of Vegetables – K-8 ($\frac{3}{4}$ cup) and 9-12 (1 cup)
- Grains
- Protein
- Milk

Example Menu:

Hamburger on a Bun (protein and grains)
Broccoli (vegetable)
Grapes (fruit)
Milk (milk)

You can take all five food items (hamburger, bun, broccoli, grapes and milk) OR

STEP 1: Choose $\frac{1}{2}$ cup of broccoli or $\frac{1}{2}$ cup grapes or $\frac{1}{4}$ cup each broccoli and grapes

STEP 2: Choose 2, 3 or 4 full servings of different food groups:

- Hamburger on Bun (protein, grains) or
- Full serving of Grapes and Milk (fruit and milk) or
- Hamburger on Bun and Milk (protein, grains, milk) or
- Hamburger on Bun, Broccoli and Milk (protein, grains, vegetable, milk)

The choice is up to you; just be sure to choose the $\frac{1}{2}$ cup fruit or vegetable and 2, 3, or 4 full servings from the 5 food groups. Check the menu daily so you will know which items in the school lunch you want to eat.

School meals meet federal nutrition standards and give you the fuel you need to stay healthy and active.

This institution is an equal opportunity provider.