



# Greater Clark County Student Nutrition Powering Potential

## 2022-2023 School Nutrition Services Information

### WELCOME BACK TO SCHOOL!

This school year we will be returning to eligibility-based meal pricing due to the federal pandemic waivers expiring

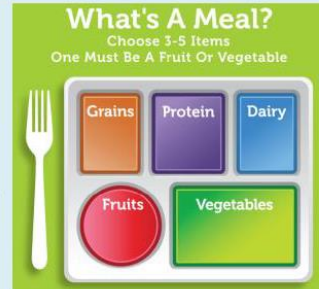
Breakfast \$1.50 reduced \$.30  
Elementary Lunch \$3.00 reduced \$.40  
Middle & High Lunch \$3.25 reduced \$.40

### WHAT MAKES A LUNCH MEAL?

A lunch meal contains the following 5 food components: **Protein, Whole Grains, Fruit, Vegetable, and Milk!**

Students may choose 3-5 of the components offered, but one must be a **fruit or vegetable!**

Serving sizes and menu selections will vary by grade group. They can take all 5 food components for the most nutritious and filling meal, but the choice is up to them!



### WHAT MAKES A BREAKFAST MEAL?



A breakfast meal contains 4 food items from these food groups: **Whole Grains** and/or **Protein, Fruit, & Milk!**

Students may choose 3-4 items, but one must be a **fruit!**

### WHAT IS NOT INCLUDED IN A MEAL?

There are items that are not included in the meal price, that your student may purchase a la carte:

- Extra entrees & sides
- Bottled water, bottled juices, and other low-calorie beverages
- 'Smart Snack' compliant snacks and ice creams

### MENUS & NUTRITION

#### Did you know?

To participate in the Federal School Nutrition Programs, we must follow a strict set of nutritional standards set forth by the USDA. All of our recipes and products are specially formulated to follow these guidelines, including being whole grain rich, low fat, low sodium and full of fruits and vegetables.

YOU MIGHT QUALIFY FOR  
**FREE OR REDUCED-PRICE  
SCHOOL  
BREAKFAST AND LUNCH**



Visit [www.nlappscloud.com](http://www.nlappscloud.com) to find out if you qualify for free or reduced meals!

You can deposit funds into your child's lunch account by visiting the Greater Clark County School home page at: [www.gccschools.com](http://www.gccschools.com)