

## MEAL PROGRAMS

# FREE BREAKFAST & LUNCH DAILY AT ALL M-DCPS SCHOOLS

### School Breakfast Program:

- the best way to start a day of learning
- a federally funded program that helps participating schools provide breakfast to all students
- meal pattern includes fruits (or vegetables), whole grain-rich foods and/or meats/meat alternates, and milk

### School Lunch Program:

- a combination of foods that supply approximately 1/3 of the essential nutrients needed daily by the body
- provides students with the “fuel” they need to perform for the afternoon
- provides a variety of different food items to choose from and follows the U.S. Dietary Guidelines
- meal pattern includes meat/meat alternate, grain, vegetable, fruit, milk

### After School Meal Program:

- offered to students participating in numerous after school programs throughout the district
- meals meet the nutritional needs of children and are consistent with the Dietary Guidelines for Americans
- provides all 5 meal components (meat/meat alternate, grain, vegetable, fruit, milk) for better health

### Fresh Fruit & Vegetable Program:

- federally assisted program providing free fresh fruit and vegetable snacks to students in participating elementary schools during the school day
- goal is to improve children’s overall diet and create healthier eating habits to impact their present and future health




## OFFER VERSUS SERVE (OVS)

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat.

### BREAKFAST

Take at least 3  
One must be a fruit





#### A COMPLETE BREAKFAST INCLUDES:

-  1/2 cup fruit choices
-  1-2 oz grains\*
-  1 cup of milk

### LUNCH

Take at least 3-5  
One must be a fruit or veggie

#### A COMPLETE LUNCH INCLUDES:

-  1/2 cup fruit choices
-  1/2 cup veggie choices
-  1-2 oz grains\*
-  1-2 oz protein item
-  1 cup of milk

\*Protein may be substituted for Grains

## DID YOU KNOW?

- FREE Breakfast and Lunch available to all M-DCPS students daily.
- Department of Food & Nutrition serves healthy meals daily.
- District menu is planned for our students to enjoy and to contribute to their overall health and achievement.
- A variety of fresh and healthy menu choices are offered daily at breakfast and lunch.
- A fruit or vegetable must be selected to complete a reimbursable meal.
- School menus are available at: <https://dadeschools.nutrislice.com>
- This institution is an equal opportunity provider. Non-Discrimination Statement

## SUSTAINABILITY

- **Compostable Trays**
  - In 2015, the district introduced an environmentally friendly compostable plate to support a healthy environment for students and help preserve a healthy Earth.
- **Strawless Spork Packets**
  - The plastic straw was removed from the Spork packet to reduce plastic waste and improve the environment.
- **Edible Food Forest/School Gardens**
  - Food Forests and School Gardens can be found within 71 Miami-Dade County Public Schools through the District’s community partner The Education Fund.
  - Bountiful harvest is integrated into the school menu to provide the entire school culture the garden experience.
  - Students are able to use Food Forests and School Gardens as outdoor learning labs throughout the academic day.
  - Students take home harvest bags with recipe cards to share with their families.
- **Share Tables**
  - Students may place unwanted, non-perishable food items from their cafeteria meal on the table to share with other students.
  - Students may choose non-perishable food items from the share table at no cost.
  - ALL share table items MUST be UNOPENED for safe student consumption.