

What is a school lunch at Seaman High School?

Student meal accounts are debit accounts. Students are responsible for maintaining a positive meal account balance.

A Seaman School Lunch with ONE ENTRÉE: \$2.65

(or .40 per meal if a student is qualified for reduced price meals)

Second Entrees are available to students with a positive meal account balance for \$2.10.

Meals are to be paid for in advance. A new application for participation in the free and reduced price meal program must be filled out each school year.

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 (2) food groups. Whether you take 3, 4, or 5 of the food groups, the meal is the same price.

STEP 1: Choose ½ cup of fruits, vegetables, or a combination of both

STEP 2: Choose 2 or more of the following different choices:

- Full Serving of Fruit
- Full Serving of Vegetable
- Grains
- Protein
- Milk

A second (or single) ENTRÉE is \$2.10

A second (or single) breakfast entrée is \$1.10 Extra roll is \$.30

Extra (or single) side dish is \$.85 Extra Milk is \$.50

The USDA is an equal opportunity employer and provider.

