

Dear Riverview School District Families,

It has been brought to my attention some parents have had some questions with regard to school lunches.

What is a school lunch?

A student must choose at least 3 of the 5 components for the school lunch price. The components are meat/meat alternate, choice of vegetable, choice of fruit, grain/bread and choice of milk. Students are encouraged to take all 5.

*A minimum of a ½ cup of fruit or vegetable MUST accompany a reimbursable lunch.

What is a school breakfast?

A student must choose at least 3 of the 4 items for the school breakfast price. The components are grains (protein), fruit or vegetables and choice of milk. Students can take 3 but 4 is encouraged.

What is the required fruit or vegetable component?

K-12 Students may select 1 or 2 fruits and 1 or 2 vegetables. All portions are ½ cup sizes.

What are the portion sizes?

K- 12 no less than 2 oz. of meat/meat alternate, 7- 12 tend to be higher 3-4 oz.

K-12 breads/grains, all of the breads/grains we serve are 2 oz. or more.

In January 2013 strict guidelines provided by the USDA were in place. Since then the guidelines have been lifted, allowing us to serve larger portions of meats and grains.

What comes with a 2nd lunch and how much is it?

A second lunch may contain the 5 components listed above. The price for a 2nd lunch at the Elementary level is \$2.25 and the Junior/Senior High level is \$2.50, which is the current lunch selling price.

If you have any questions, please feel free to contact me at 412-828-1800 ext. 1012.

Thank you,

Mindy Baginski

Food Service Director

Metz Culinary Management