

FREE AND REDUCED LUNCH OPTIONS

All students are entitled to the same lunch selections, whether they pay regular price or qualify for free or reduced pricing. Lunches do not include bottled beverages, snacks or desserts (cookies, ice cream, bag snacks).

ELEMENTARY

Your child is entitled to the daily lunch or alternate choice listed on the Penn-Delco Menu's. This lunch consists of:

- Protein (meat, cheese, egg, tuna, etc.)
- Bread or grain
- Fruit (fresh, canned or frozen)
- Vegetable (fresh, canned or frozen)
- Milk (non-fat in assorted flavors, 1% un flavored or skim) - **NO SUBSTITUTE BEVERAGE**

MIDDLE SCHOOL

A complete lunch consists of:

- **One** entrée – see choices below.
- Vegetable (hot selection or potato or celery/carrots/broccoli with dressing)
- Fruit choice (fresh, canned, or frozen) or fruit juice
- Milk (non-fat in assorted flavors, 1% un flavored or skim) - **NO SUBSTITUTE BEVERAGE**

Entrée choices are:

- A hot sandwich – hamburger, cheeseburger, steak, chicken patty, or special sandwich of the day.
- A slice of pizza
- A deli sandwich, hoagie or wrap
- A premium salad with croutons or a roll
- The hot meal feature of the day

HIGH SCHOOL

Although they do not participate in the National School Lunch Program, the high school offers eligible students a choice of **one** of the following options from the serving lines. These complete lunches include a 16 oz. water **or** 8 oz. milk, **plus** the value meal for the day, which changes daily.

- Cold Line
 - Deli – Sandwich or wrap plus 2 sides
 - Wild Greens Salad plus 2 sides
- Hot Entrée Line
 - Fresh Grill plus 2 sides
 - Crusts served with two sides

Please note the following items **are not included** in the free lunch program:

- Desserts (eg. cookies, cakes, brownies, ice cream)
- Snack foods (eg. pretzels, nachos, bag snacks, French fries)
- Bottled beverages 16 oz Ice tea additional cost.

Please be aware that any food item outside of the items listed above will not be considered a component of a free or reduced price meal and must be paid for separately. If you require further clarification, contact the food services manager at your child's school. A student receiving a free or reduced-price meal must choose at least 3 items for the lunch to be considered (one must be a fruit or vegetable) complete as per the Department of Child Nutrition regulations. Anything less than this will be considered an a la carte purchase and must be paid for by the student.