Identification of a Reimbursable Meal

The foods or food components that are part of a meal must be labeled, listed or otherwise identified near or at the beginning of the serving line and prior to the point of service.

Ideas:

Use a “My Plate” Poster

Choose your Plate with School Lunch

Use a White Board to post your menu

Grains
Whole Wheat Bun

Protein
Chicken Burger

Milk
2% Plain milk or Fat Free Chocolate

Fruits
Blueberries

Vegetables
Fresh Garden Salad And Steamed Broccoli

Set up a sample tray

Use a Menu Board

MENU
Entrée (meat and grain):
Chicken Burger or Ham Sandwich

Vegetables: Steamed Broccoli and Carrot sticks

Fruit: Fresh apples or oranges

Milk: 1% plain or fat free chocolate

Use My Plate and a coding system to match poster and items on the serving line

Resources:

- OSPI – CN New Meal Pattern Resources
- Team Nutrition
- My Plate Materials
- Idaho’s “What’s for lunch poster”
- Iowa’s “Build a Healthy Lunch System”