

# Sumter County Schools

## Lunch Buddy Menus

Meals are designed to be reimbursable meals for students who choose to bring their lunch to school.

**Five Food Components are:**

- Fruit
- Vegetables
- Grain
- Protein
- Fluid Milk

**Offer Vs. Serve Menus are designed to have the following (3 components):**

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|--|---|---|
| <ul style="list-style-type: none"> <li>1. Fruit</li> <li>2. Another Meal Component</li> <li>3. Another Meal Component</li> </ul> | } | <p><b><u>Combination Food:</u></b></p> <p>Protein—Ham</p> <p>Grain—Sandwich Bread</p> |
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**Instructions about Service of Lunch Buddy Meals.**

1. Must follow all food safety guidelines.
2. Can be chosen by students with lunch boxes.
3. Can be chosen by students without lunch boxes as a meal.
4. Can be located at the cashier’s stand and handed to student’s with lunch boxes.  
  
(It is the cashier’s responsibility to make sure that all meals are reimbursable and to properly account for each student and adult meal served.) Make sure only cashiers who have been properly trained are at the stand.)
5. Meal must be in a transparent plastic bag/box that has been sealed.
6. Meal must have the school/school nutrition logo/ system logo with the words, “Lunch Box Buddy” on the label.

**Examples of Reimbursable Meals That Can Be Offered:**

**Meal # 1**

Component	Food Item	Amount for K – 8	Amount for 9 - 12
Fruit	Cut Fresh Apple	½ cup	1 cup
Protein	Cheese Stick	1 oz.	1 oz.
Grain	Crackers	1 oz.	2 oz.

**Meal # 2**

Component	Food Item	Amount for K – 8	Amount for 9 - 12
Fruit	Cut Fresh Orange	½ cup	1 cup
Vegetable	Broccoli w/Ranch	1/2 cup	1/2 cup
Fluid Milk	Milk Carton	8 oz.	8 oz.

**Meal # 3**

Component	Food Item	Amount for K – 8	Amount for 9 - 12
Fruit	Fresh Banana	½ cup	1 cup
Grain	Sandwich Bread	2 oz.	2 oz.
Protein	Ham/Cheese Slice	2 oz.	2 oz.

**Meal # 4**

Component	Food Item	Amount for K – 8	Amount for 9 - 12
Fruit	Peach Slices	½ cup	1 cup
Protein	Peanut Butter	2 oz.	2 oz.
Grain	Sandwich Slices	1 oz.	2 oz.

**Meal # 5**

Component	Food Item	Amount for K – 8	Amount for 9 - 12
Fruit	Applesauce Cup	½ cup	1 cup
Vegetable	Carrot Sticks/Ranch	1/2 cup	1/2 cup
Grain	Homemade Roll	1 oz.	2 oz.

**Meal # 6**

Component	Food Item	Amount for K – 8	Amount for 9 - 12
Fruit	Fresh Cantaloupe	½ cup	1 cup
Protein	Yogurt	1 oz.	2 oz.
Grain	Crackers	1 oz.	2 oz.

**Meal # 7**

Component	Food Item	Amount for K – 8	Amount for 9 - 12
Fruit	Fresh Fruit Mix	½ cup	1 cup
Vegetable	Side Salad/Dressing	1/2 cup	1/2 cup
Grain	Crackers	1 oz.	2 oz.

**Meal # 8**

Component	Food Item	Amount for K – 8	Amount for 9 - 12
Fruit	Strawberries	½ cup	1 cup
Vegetable	Celery Sticks/Ranch	1/2 cup	1/2 cup
Grain	Sun Chips	1 oz.	2 oz.