

# Student Nutrition

## Breakfast

- Each breakfast will include at least a half cup of fruit or juice and at least two other food items
- White or skim milk (8 ounces)
- Breads/grains in the form of cereal, toast, pancakes, and/or meat or meat alternate
- HCPS currently offers free breakfast to all students

## Lunch

- Each lunch will include at least a half cup of fruit or vegetable and at least two other food items
- Assorted flavors of milk (8 ounces)
- Meat/meat alternate w/ choices like PBJ, yogurt or cheese.
- Breads/grains that may include pizza crust, breading on a chicken product, tortillas, pasta, brown rice
- Fruit and vegetables
- Lunch is normally \$2.25, however is currently being offered for free.



# Student Nutrition

- Diet prescription forms and meal payment can be found at [Student Nutrition Services / Welcome](http://StudentNutritionServices/Welcome) ([hillsboroughschools.org](http://hillsboroughschools.org))
- We also offer a wide variety of hot and cold A la Carte items

