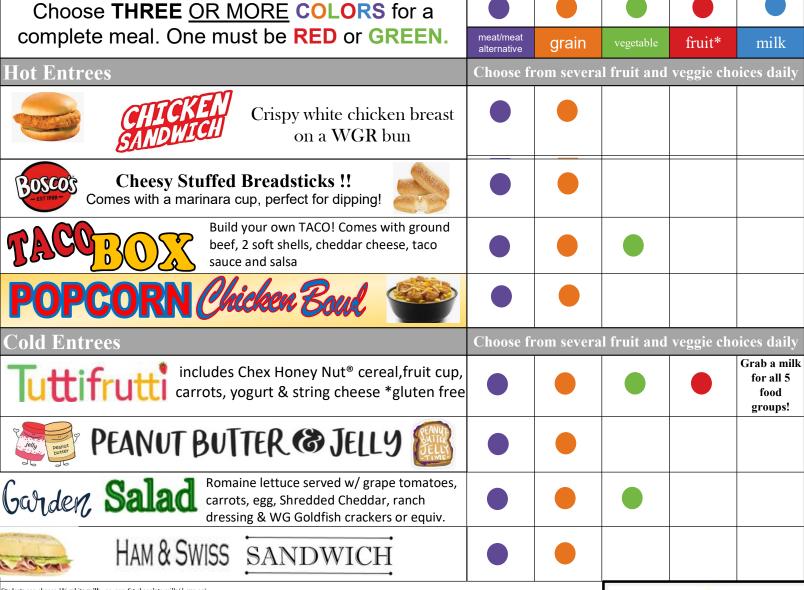
NOVEMBER

K - 3RD Grade Food Court Menu

Oct 28th - Nov 22nd

Week #1: 28th- 1st Week #2: 4th - 8th Week #3: 11th- 15th Week #4: 18th - 22nd



Some whole fruits count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from

whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A food component is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk*

A food item is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin

audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, at https://www. ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint- Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about

Washington, D.C. 20250-9410; or

Program.Intake@usda.gov

This institution is an equal opportunity provider

the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights (833) 256-1665 or (202) 690-7442; or

