BOYNE CITY PUBLIC SCHOOLS

Home of the Ramblers · A Great Place to Live & Learn

FOOD & NUTRITION SERVICES

KNOW BEFORE YOU GO · LUNCH EDITION

🥗 Welcome to Lunch!

Lunch made easy.

We're so glad you're here! This guide was created to help students and families understand how school lunch works at Boyne City Public Schools.

Inside, you'll find an interactive meal builder, helpful examples, and simple explanations of what is included with a complete lunch and what is available as an additional à la carte purchase.

— Layna Lorencz

Director of Food & Nutrition Services

❤️ Our Promise to Families

We believe lunch should be nutritious, welcoming, and easy to understand. Our team is here to serve great food, support student success, and help every student feel confident moving through the serving line.

LUNCH MADE SIMPLE

🥦 Three Simple Steps

1️⃣

Choose at least 3 components

Lunch offers five meal components.

🥕

Include ½ cup fruit or vegetables

One of your selected components must be fruit or vegetables.

🍽️

Choose what fits your tray

Your complete meal fits on one standard tray.

> **The one firm requirement:** A complete school lunch must include at least **½ cup of fruit or vegetables**.

GIVE IT A TRY

🍽️ Build a Complete Lunch

Use this quick visual guide to see the five meal components that can build a complete school lunch.



Grain

Bread, rice, pasta, tortilla



Meat / Meat Alternate

Chicken, beef, eggs, beans, cheese



Fruit

At least ½ cup may meet the requirement



Vegetable

Salad, carrots, corn, and more



Milk

One carton, any offered variety

WHAT WOULD YOU CHOOSE?

COMPLETE LUNCH **Entrée + vegetable + fruit**

Entrée | Vegetable | Fruit

Great choice! This lunch includes at least three components and meets the fruit or vegetable requirement.

ALMOST THERE! **Entrée + milk, no fruit or vegetables**

Entrée | Milk

Add at least one more component, including at least ½ **cup of fruit or vegetables**, to complete the meal.

A LITTLE EXTRA **Complete lunch + additional items**

Students are welcome to choose additional available items. Once the complete lunch is built, extras such as a second fruit, salad overflow, extra ranch, or an additional protein item are purchased separately at à la carte prices.

WHAT IS INCLUDED?

🥗 One Tray, One Complete Lunch

Your school lunch includes the food that fits on one standard five-compartment tray. This helps our team provide consistent portions and keep the meal program strong for every student.

Entrée	**Included**
Salad bar items that fit on the tray	**Included**
One fruit choice	**Included**
One milk carton	**Included**
Up to two ranch cups	**Included**
Additional fruit or salad-bar overflow	**À la carte purchase**

À LA CARTE PURCHASES

💳 Want a Little Extra?

That's okay! Additional items are available for purchase when funds are available in the student's meal account.

Additional ranch

Two cups are included. Each additional cup is $0.25.

Croutons without a salad

Available as a $0.25 à la carte purchase.

Additional protein or cupped item

Extra deli meat, cheese, egg, or similar items are $0.50 each.

Second fruit or extra salad-bar items

Purchased separately at the posted à la carte price.

HELPFUL LUNCH TIPS

😊 Choose what you'll enjoy

Look at all of your choices before selecting an entrée. Once food has been handled, it cannot be returned to service.

🥗 Use the serving utensils

Please use the tongs and spoons at the salad bar. This keeps shared food safe for everyone.

↩️ Keep selected food on your tray

Once an item has been touched or scooped, it cannot be placed back into the shared food supply.

🤝 Each student visits the line

Every student should come through the serving line for their own meal and purchases.

🥤 Condiments follow the meal

Condiments, dressings, utensils, and napkins at the serving line are provided with a school lunch. Students with food from home may purchase available items separately.

💬 Questions are always welcome

Ask a team member before the register whenever you are unsure. We educate first and welcome always.

MYTH VS. FACT

MYTH: “I have to take milk.”

FACT: Milk is one of the five offered components, but students do not have to choose it when they have at least three other components, including the required fruit or vegetables.

MYTH: “Any three foods make a complete lunch.”

FACT: Students need at least three meal components, and one must include at least ½ cup of fruit or vegetables.

MYTH: “Everything I can fit in a separate bowl is included.”

FACT: The complete meal is designed to fit on one standard tray. Additional bowls, plates, or containers are treated as à la carte purchases.

MYTH: “If I am confused, I will get in trouble.”

FACT: Questions are welcome! Our cafeteria team is here to teach, help, and make lunch easy.

MEAL ACCOUNTS

💳 Your Complete Lunch Is Free

Every student receives one complete school lunch at no cost each school day. Additional entrées, extra sides, and other à la carte items require funds in the student's meal account.

A positive account balance is needed to complete an extra purchase. Funds can be added through **boynecity.familyportal.cloud**.

☕ Let's Stay Connected

Have a question, need help, or feel unsure about something? We're always happy to help.

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Boyne City Food & Nutrition Services
Nourishing Every Rambler