BOYNE CITY PUBLIC SCHOOLS

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

FOOD & NUTRITION SERVICES

KNOW BEFORE YOU GO · BREAKFAST EDITION

🍳 Welcome to Breakfast!

Breakfast made easy.

We're so glad you're here! Whether your family is new to Boyne City Public Schools or returning for another great year, this guide was created to make school breakfast welcoming, simple, and easy to understand.

Inside, you'll find helpful examples, an interactive breakfast builder, and answers to many of the questions students and families ask. Our goal is to make breakfast one less thing families have to worry about.

— Layna Lorencz

Director of Food & Nutrition Services

❤️ Our Promise to Families

We believe school meals should be nutritious, welcoming, and easy to understand. Our team is here to serve great food, support student success, and make every cafeteria a positive place to begin the day.

🍎 Three Simple Steps

1️⃣

Choose at least 3 food items

Pick foods you will enjoy.

🍎

Include ½ cup fruit or vegetables

Fresh fruit, fruit cups, 100% juice, or vegetables may count.

🥛

Milk is your choice

Milk is offered every day, but it is not required.

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

GIVE IT A TRY

🍽️ Build a Complete Breakfast

Use this quick visual guide to see the foods that can help build a complete school breakfast.

🍎

Fruit or Vegetables

At least ½ cup is required

🥣

Grain Item

Cereal, benefit bar, toast, or muffin

🍳

Main Breakfast Item

Breakfast sandwich or another offered entrée

🥛

Milk

Optional, but may count as one item

WHAT WOULD YOU CHOOSE?

ALMOST THERE!

Two grains + cheese stick, no fruit

Benefit bar | Cereal | Cheese stick

These are three food items, but the required fruit or vegetable is missing. Add at least **½ cup of fruit or vegetables** to complete the breakfast. Without it, the items are available as individual à la carte purchases.

ONE MORE ITEM

Breakfast sandwich + fruit or juice

Breakfast sandwich | ½ cup fruit or 100% juice

Great start! The fruit requirement is met. Choose one more offered food item to reach the three-item minimum.

COMPLETE BREAKFAST

Breakfast sandwich + fruit + milk

Breakfast sandwich | ½ cup fruit | Milk

You did it! This breakfast includes at least three food items and the required ½ cup of fruit or vegetables.

A LITTLE EXTRA

Complete breakfast + additional items

Students are welcome to select available additional items. Once a complete breakfast has been built, extra entrées, fruit, milk, or other items are purchased separately at à la carte prices using the student's meal account.

HELPFUL BREAKFAST TIPS

😊 Choose what you'll enjoy

We encourage students to choose foods they plan to eat. Every appetite is different.

🥛 Milk is optional

Students do not need to take milk. Choose another offered item when that works better.

↩️ Ask before you pick it up

For food safety, an item that has been handled cannot be returned to the serving line. Our team is happy to answer questions first.

🤝 Each student visits the line

Every student should come through the line for their own breakfast. Please do not collect food for a friend or sibling.

🏠 Already ate at home?

That is wonderful! Breakfast-line food, supplies, and condiments are available as part of school meal service.

⏰ Missed breakfast?

Please find a Food Service team member and explain. We want students fed, and we will help whenever service is still available.

MYTH VS. FACT

MYTH: “I have to take milk.”

FACT: Milk is offered every day, but students may choose whether to include it.

MYTH: “I can skip the fruit.”

FACT: A complete breakfast must include at least ½ cup of fruit or vegetables.

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

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

MYTH: “Parents should already know how school meals work.”

FACT: School meal requirements can be confusing. We educate first and welcome always.

DIETARY ACCOMMODATIONS

❤️ We're Here to Help

If your child has a food allergy, celiac disease, lactose intolerance, or another dietary need, please contact Food & Nutrition Services before school begins whenever possible.

Dietary accommodations must be reviewed and arranged in advance. Cafeteria cashiers are not able to create substitutions at the register. Juice counts as fruit and is not a fluid-milk substitute.

BREAKFAST QUICK GUIDE

🍳 At a Glance

Minimum food items	**3**
Fruit or vegetables	**At least ½ cup required**
Milk	**Offered, but optional**
One complete breakfast	**Free each school day**
Seconds and additional items	**À la carte purchase**

PURCHASING EXTRAS

💳 Meal Accounts

One complete breakfast is free for every student each school day. Additional entrées and other available items are purchased separately at à la carte prices.

Please keep funds in your student's account when they plan to purchase extras. Account 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