

## **MISD Student Nutrition “A Note from the Director”**

Welcome to the MISD Student Nutrition Webpage. Thank you for allowing us to provide your child with healthy nutritious meals. Our office staff has been working hard this summer testing new products and creating new recipes to provide our students with nutritious meals that taste great. MISD will be operating under the USDA approved “Traditional Food Based” menu planning system during the 2009/2010 school year. Under this system we use meal components to make up the meal.

At breakfast we will be offering 4 meal components daily. Those components are milk, a fruit or vegetable, and either 2 bread/grains, 2 meat/meat alternates, or 1 bread/grain and 1 meat/meat alternate. For a student to get the meal pricing, the student must take at least 3 of the 4 meal components. The student may take 3 or all 4 meal components. Students who do not take at least 3 components will be charged the ala cart price of items selected rather than the meal price.

At lunch we will be offering 5 meal components daily. Those components are milk, bread/grain, 2 fruits/vegetables and a meat/meat alternate (IE: yogurt, cheese). For student to get the meal pricing the student must take at least 3 meal components. The student may select 3, 4 or all 5 meal components. Note that some menu items contain more than 1 meal component. For example, a hamburger contains both the bread/grain component as well as the meat component. Students who do not take at least 3 components will be charged ala cart prices.

We are looking forward to providing your child with excellent menu choices and superior customer service.

NOTE: All menus meet the requirements and guidelines of USDA, TDA and “School Meals Initiative”  
All items sold in MISD cafeterias meet Texas Nutrition Policy guidelines.