

Jeff Tech participates in the Community Eligibility Provision (CEP) which means that breakfast and lunch is free for all students!

WHAT IS A BREAKFAST?

All school breakfast meals are made up of 4 components.

Meat/Meat Alternate (examples: eggs, pork, cheese, beef, poultry, etc.)

Bread (examples: cereal, toast, muffins, bagels, pancakes, waffles, pizza crusts, etc.)

Meat/Bread Combo (examples: egg muffin, breakfast stick, cheese filled pretzel, breakfast pizza)

1 serving meets 2 components.

Fruit (examples: apples, oranges, pears, grapes, pineapples, peaches, applesauce, all 100% fruit juices, etc.)

Milk (examples: skim, 1%, and 1% flavored milk, etc.)

You must take at least 3 of these items for your meal to be considered a complete breakfast, but you may take all 4 items listed. One of these items must be a fruit or vegetable.

Taking only 1 or 2 of the meal components will result in being charged the ala carte prices for those items.

WHAT IS A LUNCH?

All school lunch meals are made up of 5 components.

Meat/Meat Alternate (examples: beef, pork, poultry, fish, cheese, eggs, etc.)

Bread (examples: dinner rolls, breadsticks, hamburger rolls, sub rolls, pizza crusts, etc.)

Meat/Bread Combo (examples: hamburger, hot dog, pizza, chicken wrap, grilled cheese, etc.)

1 serving meets 2 components.

Vegetable (examples: garden salad, corn, potatoes, green beans, peas, carrots, etc.)

Fruit (examples: apples, oranges, pears, grapes, pineapples, peaches, applesauce, etc.)

Milk (examples: skim, 1%, and 1% flavored milk, etc.)

You must take at least 3 of these items for your meal to be considered a complete lunch, but you may take all 5 items listed. There must be a fruit or a vegetable on the tray to be considered a meal.
