

# Welcome to School Lunch!

The Student Meals Program for Quantico Dependents Schools is here to serve students.

**All meals are free of charge for School Year 2021-2022.**

There is no sign-up or paperwork to fill out for meals this year. Once registered with the school, your student is automatically eligible.

Each meal contains all the required components for a healthy and nutritious meal which helps students maintain focus and learn better. The main entrée will be a protein, a meat or meat alternative with a grain based partner such as a cheeseburger or slice of pizza. Every meal offers fresh fruit options and assorted milk choices along with vegetable varieties that are appealing to children. Our meal patterns are in accordance with USDA standards and requirements for schools and all additional items meet the Smart Snack program guidance. Smart Snacks in School nutrition standards mandate limits on fat, sugar, sodium, and calories.

The Eagle's Nest Cafe at Crossroads Elementary has two serving lines and classes are staggered so there is never a line of students waiting for their meal. The Warrior Cafe at the Middle-High School has one main line and a Fast Food/Salad Bar line that allows students to prepare their own salads or grab a Hamburger/Cheeseburger, Hot Dog, Chicken Sandwich, or Baked Potato.

The majority of food we serve is homemade by our very talented staff. All buns, pizza, cupcakes, breads, cookies, and meat dishes are made from scratch with fresh ingredients. Menus are published monthly and will be sent to your email address and posted on the school web pages.

Again, welcome and be rest assured your child will eat healthy and enjoy their mealtimes.

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