

**AGREEMENT TO ALLOW / NOT ALLOW THE PURCHASE OF EXTRAS**

<b>Student's Name:</b>	<b>Student's ID#:</b>	<b>Date:</b>
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A school breakfast offers three (3) meal components. There are five (5) food items offered daily within the three (3) meal components. A student must take a minimum of three (3) but no more than five (5) food items to qualify as a regular priced school breakfast. One of the three (3) food items must be ½ cup of fruit or 100% fruit juice.

The three (3) meal components of a school breakfast that are offered are:

- One (1) cup of milk;
- One (1) cup of fruit or 100% fruit juice;
- At least one (1) oz. equivalent of grain.

A school lunch offers five (5) meal components. A student must select at least three (3) but no more than five (5) components to qualify as a regular priced school lunch. One of the three (3) components must be ½ cup fruit, ½ cup 100% fruit juice, or ½ cup of vegetable.

The five (5) meal components of a school lunch that are offered are:

- One (1) serving of grains;
- One (1) serving of meat or meat alternates;
- One (1) serving of fruit or 100% fruit juice;
- One (1) serving of vegetable;
- One (1) serving of milk.

Extras are defined according to the National School Lunch Act. Extras include any beverage or food item fewer than three (3) or above the maximum components for each meal. Extras include a second entrée or second serving of milk. A la carte items are items that are not part of the National School Lunch Program meal pattern (ex. water, baked chips, cookies).

Students will not be allowed to charge extras or a la carte items. All extras and/or a la carte items selected by a student must be paid for at the time of purchase.

***PLEASE INITIAL ONE:***

\_\_\_\_\_ The above-named student MAY purchase extras from the total funds in his/her student meal account.

\_\_\_\_\_ The above-named student MAY NOT purchase extras from the total funds in his/her student meal account.

\_\_\_\_\_  
**Printed Name** of Parent/Legal Custodian/Legal Guardian/Person standing *in loco parentis*

\_\_\_\_\_  
**Signature** of Parent/Legal Custodian/Legal Guardian/Person standing *in loco parentis*

\_\_\_\_\_  
**Date**

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1400 Independence Avenue, SW  
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  - (2) fax: (202) 690-7442; or
  - (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).
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