

National School Lunch Program

CEL is part of the National School Lunch Program (NSLP) which is a federally funded meal program. The NSLP was established by President Harry Truman in 1946 and is presently operating in more than 96,000 public and nonprofit private schools and residential child care centers. The program is managed at the federal level by the United States Department of Agriculture (USDA) Food and Nutrition Service and at the state level by the Illinois State Board of Education (ISBE). In order to receive the benefits of the NSLP, participating schools must offer free or reduced-price meals to eligible children. The schools must also comply with nutritional requirements outlined by the federal government. These guidelines follow the Dietary Guidelines for Americans which recommend no more than 30 percent of a person's calories come from fat and less than 10 percent from saturated fat. Lunch menus must also be designed to provide children with 1/3 of the key nutrients they need each day (calories, protein, Vitamins A and C, calcium, and iron). CEL develops menus that are nutritionally balanced and appetizing at a low cost to students and their families.

Food for Thought

- Meals served under the NSLP must meet nutrition standards established by the USDA.
- CEL has a complete kitchen and prepares all meals on-site.
- Homemade foods are prepared each week.
- Lunch and breakfast menus are designed to include student favorites.
- Milk is offered in low-fat white and fat-free chocolate.

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CHESTER-EAST LINCOLN

Let's Do
Lunch &
Breakfast!

Because food matters!



Welcome to CEL's Breakfast & Lunch Program

CEL offers breakfast and lunch. Free- and reduced-price meals are provided for students from families meeting federally established income guidelines. Application information is available at registration in August, on the CEL website, and in the office.

Menus are available on CEL's homepage:

<http://cel61.com/home>

Breakfast Information:

- ◆ Breakfast is served daily from 7:55-8:20.
- ◆ CEL's breakfast is a healthy meal that provides low-fat or fat-free milk, whole grains, lean protein, and fruit.
- ◆ Eating breakfast at school ensures a nutritious start to the day and improves classroom performance.

Breakfast Prices:

Full Price—\$1.60

Reduced—\$0.40

Adult: \$1.80



Lunch Information:

- ◆ Every lunch includes FIVE great choices: milk, vegetables, fruit, grains, and meat (or a meat alternative).
- ◆ 5th-8th grade students have a daily bar option in addition to the hot lunch option.

M-W-F—Salad

T—Nachos

Th—Baked Potatoes



Prices:

K-4 Full Price \$2.05

5-8 Full Price—\$2.30

Reduced: \$0.60

Adult: \$2.55

Reduced—\$0.60

Payment Information:

Parents can make payments with cash, by check, or by calling the office to make a telephone check payment.



Wellness Policy

CEL has adopted a Wellness Policy and partnered with the CATCH Program to foster the relationships between good nutrition and physical activity. The goal is to unite and educate all stakeholders to create lifelong healthy behaviors at school and at home. CEL is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. If you would like to be a member of CEL's Wellness Committee, please contact the main office.

The Wellness Policy can be found on the CEL's website (<http://cel61.com/>).

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