

Middle Schools Lunch Meal

\$4.50/\$5.00

Reduced Lunch is Free

Adult Lunch \$6.25

All Meals include Five Components

1.) Protein 2.) Bread 3.) Fruit 4.) Vegetable 5.) Milk

You may take all five components,
but must take at least 3 items to count as a lunch,
and one of those three items **MUST BE A FRUIT OR VEGETABLE**

Choose One Entrée - (Protein, Bread)



\$4.50 Meal



Daily Feature Meal, Hamburger, Cheeseburger,
Chicken Patty, Veggie Burger),
Deli Sandwich Meal, Bagel Meal



\$5.00 Meal



*Salad Platter Meal (Includes Salad Bar plus Fruit, Crackers or
Breadsticks and 8 oz Milk)*

Choose up to Two Fruit & Two Vegetables

2 portioned fruits or 1 fresh fruit and up to 2 vegetables
Only (1) One Fruit Juice can be selected as a fruit choice

Choose (1) one 8oz Milk



Milk (1% White, Skim, non-fat Chocolate)

