

Middle School Lunch Meal

Five Items

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

You may take all five items, but must take at least three items, with one of those three items being a fruit or vegetable to count as a lunch. Entrée's usually count as two items (Protein, Bread).

If you do not have a fruit or vegetable it is not a meal and you will be charged ala carte, which can cost more than the full meal price and be less nutritious!

Choose One Entrée

(**Protein**, Bread)



Choose up to Four

(Choose up to 2 **Fruit** & 2 **Vegetables**)



Only 1 Juice per meal

Choose One Milk

(1% white, skim white & non-fat chocolate milk)

