

High School Breakfast
Breakfast Meal - \$2.10
Sandwich Meal - \$3.50

All Breakfast Meals include Four Items

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

You may take all four items, but must take at least three items to count as a Meal. You may take two breads or one bread and one protein and two fruit and one milk.

One Entrée

(Bread and/or Protein)

Bagel, Lg. Muffin, 2 Cereals, French Toast Sticks and Sausage

or

**Breakfast Sandwich
(\$3.30 Meal)**

Two Fruit

Assorted Fresh Fruit, Cupped Fruit, Hash Browns or 4oz Fruit Juice

(Only one juice may be taken with breakfast)

One Milk

8oz Assorted Milk

High School Lunch Meal

\$3.45-\$4.50

(Meals qualify for Reduced \$.40 and Free Meals)

All Meals include 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 to count as a lunch, **AND one of those three items MUST BE A FRUIT OR VEGETABLE**

Choose One Entrée - (Protein, Bread)

\$3.45 Meal

Grill Meal (Hamburger, Cheeseburger, Chicken Patty, Veggie Burger)

Pasta Bar Meal



Pizza Meal



Bagel Meal

\$4.20 Meal

Chicken Fillet Meal

Deli to Order Meal

\$4.50 Meal

Salad Bar Meal

Choose up to Two Fruit & Two Vegetables



2 portioned fruits or 1 fresh fruit

And up to 2 vegetables



(Add Fries to any Meal for \$.50, when available)

(Only (1) 4oz 100% juice can be taken with Lunch)

Choose One Milk

8oz Milk (1% White, Skim, non-fat Chocolate)

Salad Bar \$4.50

(Includes Salad Bar plus Fruit, Crackers/Breadsticks and 8 oz Milk)

