

## High School Lunch Meal

\$4.75 to \$6.00

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)

#### \$4.75 Meal

Meal Grill Meal (Hamburger, Cheeseburger, Chicken Patty,



Veggie Burger),



Pasta Bar Meal, Pizza Meal, Bagel Meal

#### \$5.25 Meal

Meal Chicken Fillet Meal or Deli to Order Meal



#### \$6.00 Meal



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

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

### 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)