

## 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)

