

# Middle School Lunch Meal

## \$3.15/\$3.45

### 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!

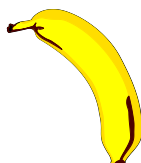
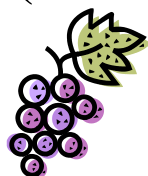
### Choose One Entrée

(**Protein**, Bread)



### Choose up to Three

(Choose 1 **fruit** & up to 2 **vegetables**)



### Choose One Milk

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

