

# Middle School Lunch Meal

## \$3.15/\$3.45

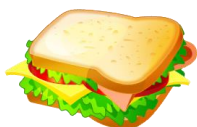
### Five Items

**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).

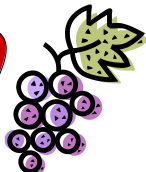
### Choose One Entrée

**(Protein, Bread)**



### Choose up to Three

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



### Choose One

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

# Middle School Breakfast Meal

\$1.65

## Breakfast Sandwich Meal

\$3.50

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### 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 one fruit and one milk.

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### Choose One Entrée

**(Bread), (Protein)**

Bagel



Lg. Muffin



1 Cereal &  
1 Sm Muffin



French Toast  
Sticks & Sausage



### Choose Two Fruit

**(Fruit)**

Fruit



4oz 100%  
Fruit Juice



### Choose One

**(Milk 8oz.)**

