

SCHOOL MEAL GUIDELINES

MEAL COMPONENTS

MEAT / MEAT
ALTERNATIVE

BREAD/GRAIN

FRUIT
FRUIT JUICE
VEGETABLE

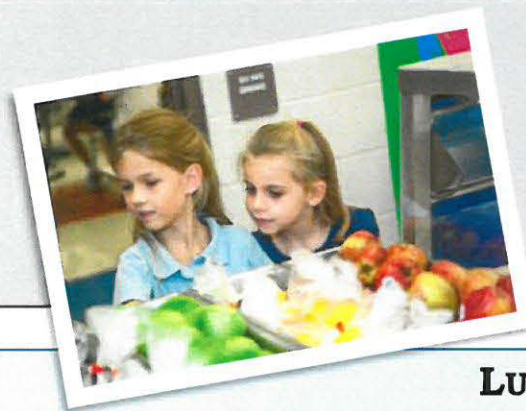
8-OZ. MILK

Note: All entrees are 2 components, meat/meat alternative plus bread/grain

BREAKFAST MEAL

FULL PAY— \$1.35 | REDUCED PRICE: NO CHARGE | MILK \$0.50

Students must take 3 of the 4 meal components offered (all of above except for vegetable). One component must be a fruit; they are allowed to take all 4 components if they choose.



EXAMPLE BREAKFAST MEALS:

Whole bagel, orange, milk
Muffin, cereal, fruit juice, milk
Pancake sausage wrap, fruit juice, milk
Cereal, orange, milk
Breakfast Break, alone or with milk

LUNCH MEAL

FULL PAY— \$2.55 (K-5) \$2.75 (6-12) | REDUCED PRICE: NO CHARGE

MILK \$0.50 | ADULT LUNCH WITH TAX \$4.10

Students must take 3 of the 5 meal components offered (one component must be a fruit or vegetable); They are allowed to take as much as one entrée, up to 4 side choices, and an 8-oz. milk. Each entrée includes 2 components—meat/meat alternative and bread/grain; this plus one fruit or vegetable will make a complete meal.

EXAMPLE LUNCH MEALS:

Chicken tenders, rice, orange, milk
8-oz. yogurt, apple, side salad, milk
8-oz. yogurt, green beans, fruit juice
Yogurt Parfait, fruit cup, croissant
Entrée salad, peaches, milk
Pizza, apple, fruit juice, milk
Hamburger, pears, milk
Fiestada, fruit juice

