

Middle School Lunch

Includes

1 Protein (1-2 oz. serving)

1 Grain (1-2 oz. serving)

1 Vegetable (3/4 cup serving)

½ cup Fruit (choose either ½ c. canned
or 1 fresh)

1 Milk (8 oz.)

Student Price - \$3.55

Students must choose three to five of these components to receive a reimbursable meal. This means you must choose at least three of the items included in a lunch to be charged the lunch price (if you don't choose at least three items you are charged at ala carte prices.) A fruit or a vegetable must also be one of the three to five components to equal a lunch.

A properly balanced meal is an important goal for every student to meet every day.

Please keep in mind that most of our entrees count as two components. They usually include one grain and one protein.