

What comes in a Breakfast? A Breakfast may have all 4 Groups
Fruit – **Milk** – **Grains** – **Meat** (Meat Alternative)



A Breakfast MUST HAVE 3 of the 4 Groups with 1 being ½ cup Fruit

May take 1 or 2 Fruits

A "Juice" is a Fruit – Limit 1 per Breakfast

What comes in a Lunch? A Lunch may have all 5 Groups
Vegetables – **Fruits** – **Milk** – **Grain** – **Meat** (Meat Alternative)



A Lunch MUST HAVE 3 of the 5 Groups with 1 being ½ cup Fruit or Vegetable

May take 1 or 2 Vegetables

A "Fry" is a Vegetable – Limit 1 per Lunch

May take 1 or 2 Fruits

A "Juice" is a Fruit – Limit 1 per Lunch

MA Elementary Pricing

- \$1.50 Student Breakfast
- \$.30 Student Reduced Breakfast
- \$2.85 Elementary Student Lunch
- \$.40 Student Reduced Lunch
- \$2.25 Elementary Student Entrée
- \$1.00 Juice, Fruit or Vegetable
- \$.90 Milk
- \$.75 Water 8oz
- \$1.00 Water 16.9oz
- \$.75 Small Snack
- \$1.00 Large Snacks & Low Fat Ice cream

