

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 High School Pricing**

\$1.50	Student Breakfast
\$.30	Student Reduced Breakfast
\$3.00	Student Lunch
\$.40	Student Reduced Lunch
\$2.75	Secondary Student Entrée
\$.90	Milk
\$.75	Water 8oz
\$1.00	Water 16.9oz
\$1.10	French Fry, Vegetable or Fruit
\$.75	Cookies & Small Snacks
\$1.00	Large Snacks & Low Fat Ice cream
\$1.50	100% Sparkling Juices, Flavored Water & Parfaits
\$2.00	Naked Juice

**Staff Pricing**

\$2.00	Breakfast
\$4.00	Lunch
\$3.00	Entrée

the School Day  
just got  
**Healthier**

More  
Vegetables



More  
Whole Grains



More  
Fruit

