

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 Middle 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

Staff Pricing

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

the School Day
 just got
Healthier

More Vegetables



More Whole Grains



More Fruit

