



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 juice 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 “potato” is a vegetable – Limit 1 potato product per lunch

May take 1 or 2 fruits A “juice” is a fruit – Limit 1 juice per lunch



Middle School Pricing



\$1.50	Student Breakfast
\$.30	Student Reduced Breakfast
\$2.00	Staff Breakfast
\$3.00	Student Lunch
\$.40	Student Reduced Lunch
\$4.00	Staff Lunch
\$2.75	Student Entrée
\$3.00	Staff Entrée
\$.75	Juice, Fruit or Vegetable
\$1.25	French Fries
\$.90	Milk
\$.75	Water 8 oz
\$1.00	Water 16.9 oz
\$.25	Mini Snack
\$.75	Small Snacks & Cookies
\$1.00	Large Snacks & Ice Cream
\$1.50	100% Sparkling Juice



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