



## What comes in a **BREAKFAST?** *A breakfast may have 4 items*

**Fruit – Milk – Grains – Meat (Meat Alternative)**

**A breakfast MUST HAVE 3 items 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 “French fry” is a vegetable – Limit 1 serving of potatoes per lunch

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



# Elementary Pricing

\$1.50	Student Breakfast
\$ .30	Student Reduced Breakfast
\$2.85	Elementary Student Lunch
\$ .40	Student Reduced Lunch
\$2.25	Elementary Student Entrée
\$ .50	Extra Salad Dressing
\$ .75	8 oz Water, Juice, Fruit, Vegetable,*
	Small Snack or Cookie *excluding potato products
\$2.00	French Fries or Mashed Potatoes
\$1.00	16.9 oz Water, Milk, Large Snack or Ice Cream
\$1.25	Pirates Booty
\$2.25	Staff Breakfast
\$4.25	Staff Lunch
\$3.25	Staff Entree



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