



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 – Grains – 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



Middle School Pricing

\$1.50	Student Breakfast
\$.30	Student Reduced Breakfast
\$3.00	Student Lunch
\$.40	Student Reduced Lunch
\$2.75	Student Entrée
\$.50	Extra Side of Salad Dressing
\$.75	8 oz Water, Juice, Fruit, Vegetable,*
	Small Snack or Cookie *excluding potato products
\$1.00	16.9 oz Water, Milk, Large Snack or Ice Cream
\$1.25	Pirates Booty
\$1.50	Switch 100% Sparkling Juice
\$2.00	Side of French Fries or Mashed Potatoes
\$2.25	Staff Breakfast
\$4.25	Staff Lunch
\$3.25	Staff Entree



*USDA is an equal opportunity
Provider and employer*