



## 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



## **High 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, G 2, Propel, Iced Tea, Coffee or Lemonade	
\$2.00	Sparkling Ice, Side of French Fries or Mashed Potatoes	
\$2.25	Staff Breakfast	
\$4.25	Staff Lunch	
\$3.25	Staff Entree	

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