



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

**Fruit** - **Milk** - **Grains** and may include a **Meat** (Meat Alternative) or **Vegetable**

**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*

**Grain** - **Meat** (Meat Alternative) - **Vegetables** - **Fruits** - **Milk**

**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** 2023 - 2024

FREE	Student Breakfast
\$3.00	Student Lunch
FREE	Free or Reduced Student Lunch
\$2.75	Student Entrée
\$ .50	Extra Salad Dressing
\$ .75	8 oz Water, Fruit Rollup, Fruit Snacks or Cookies
\$1.00	Milk, Juice, Fruit & *Vegetables *excluding potato products
\$1.00	16.9 oz Water, Bagged Snacks, Italian Ice, or Ice Cream
\$1.50	Switch 100% Sparkling Juice or La Croix
\$2.00	Side of Potatoes, French Fries or Mashed Potatoes
\$2.50	Staff Breakfast
\$1.25	Staff Breakfast Entree
\$4.75	Staff Lunch
\$3.25	Staff Entree



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