

What is a Meal?
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You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of $1 / 2$ cup serving of fruit or a minimum of a $1 / 2$ cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate Choice of Vegetable Choice of Fruit
Grain/Bread
Choice of Milk - $1 \%$ white, and fat-free

Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers,
green beans and cabbage
Featured Fruit May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, $100 \%$ fruit juices

Leave Your Lunch at Home Daily entrée options may include Cheese Burger on a Bun Chicken Patty on a Bun Cheese or Pepperoni Pizza

## cheffesik

May include:
Assorted Salads, Wraps, \&
*MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY*

## schoolcaf!

NUTRITION \& ALLERGENS @ SCHOOLCAFE.COM

## Lunch Prices

Students $\$ 2.25$
Adults $\$ 4.00$

PAYMENT @ MYSCHOOLBUCKS.COM


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