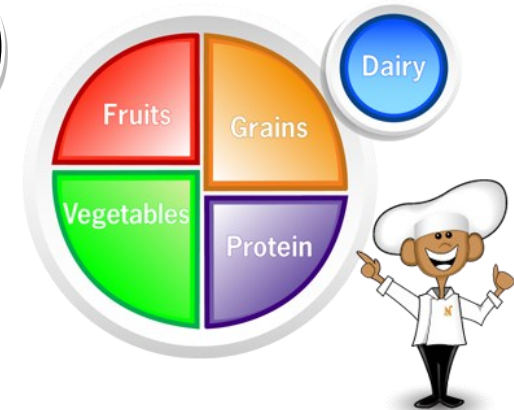


# What Makes a Meal?

Students are offered several breakfast and lunch options daily. All of which are part of a healthy, balanced meal.



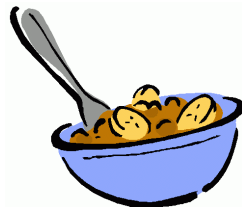
## What Makes a Breakfast?

Breakfast consists of 4 meal items. Students must take a fruit and/or juice in order to qualify for a **\$1.35, \$0.30, or free** meal price.

### Hot Breakfast Items Include:

- Hot Meal
- Fruit
- Fruit Juice
- Milk

*Must choose at least one fruit and/or juice.  
May deny milk*



### Cold Breakfast Items Include:

- Cereal bars or Muffin
- Cheese Stick or Egg
- Fruit
- Fruit Juice
- Milk

*Must choose at least one fruit and/or juice.  
May deny 1-2 other non-fruit items*

**Lunch** Food items are labeled with colored dots to help students identify food components. Students need to select 3-5 different colored dots.

## What Makes a Lunch?

Lunch consists of 5 meal components. Students need to choose 3-5 components, and one must be a fruit, vegetable or combination in order to qualify for a **\$2.10/\$2.35, \$0.40, or free** meal price.

### Components Include:

- Protein (often times paired with grain = entrée)
- Grain/Bread
- Fruit (may choose 2)
- Veggie (may choose 2)
- Milk



Elementary students are required to take a meal before purchasing extras.

If secondary students do not select a fruit, vegetable, or combination, the student will be charged for each individual item. Solo entrée prices are \$1.75.

*This institution is an equal opportunity provider.*