



FRESH ~ DELICIOUS ~ NUTRITIOUS

Breakfast Meal Deal

Choice of Entrée, Fruit, Juice & Milk

Paid Student \$1.20

Reduced Student \$.20

Jump start your day with breakfast

Have you been approved for

FREE or REDUCED price meals?

Receive the same benefit at breakfast!

Lunch Meal Deal

Choice of Entrée, 2 Fruits and/or 2 Veg & Milk

Paid Student Elementary \$2.40

Paid Student Secondary \$2.50

Reduced Price Student \$.30

Lunches must include at least 1 FRUIT or VEGETABLE

Hungry??? Choose them all!

à la Carte MENU & PRICES

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|--|--------|---------------------------|--------|
| Appleways Bar | \$.75 | Frozen Fruit Cup | \$.50 |
| Bagel w/ Cream Cheese | 1.25 | Fruit Snacks, Welch's | .75 |
| Baked Potato w/ Sour Cream/Butter | .75 | Goldfish Crackers | .60 |
| Beef Stick | 1.00 | Graham Snacks | .60 |
| Biscuit | .50 | Granola Bar, Chewy | .60 |
| Breadstick/Roll/Toast | .25 | Hard Boiled Egg (each) | .75 |
| Cheese Sauce, 2 oz cup | .75 | Ice Cream | .75 |
| Cheese Stick, String or Colby Jack 1oz | .50 | PB & J Sandwich | 1.00 |
| Cheez-it Crackers | .60 | Pretzel, Soft 3oz | .75 |
| Chips, Baked 1 bag | .60 | Pretzel Rod | .30 |
| Cocoa Cherry Bar | 1.00 | Rice Krispy Treat (Large) | 1.00 |
| Cottage Cheese, 1/2 cup | .50 | Salad, Garden 1 cup | .50 |
| Cookie | .60 | Sandwich/Sub/Wrap | 1.75 |
| Entrée, Breakfast | 1.00 | Sunflower Seeds | .50 |
| Entrée, Lunch | 1.90 | Yogurt, 4 oz cup | .75 |
| Fruit/Vegetable Side, 1/2 cup | .50 | Yogurt Parfait | 1.75 |

DRINKS

| | |
|------------------------------------|--------|
| Juice 100% Fruit 4 oz | \$.50 |
| Juice 100% Fruit 6 oz | .75 |
| Switch 100% Juice, 8 oz (Sec Only) | 1.00 |
| Fruit Wave 11.5 oz (Sec Only) | 1.00 |
| Milk, 1/2 pint | .50 |
| Milk, Lactaid 1/2 pint | .50 |
| Milk, Soy Vanilla Flavored | 1.00 |
| Water, 8 oz bottle | .50 |
| Water, 16 oz bottle | 1.00 |



Student health is important. All food & beverages offered in our cafeterias meet specific national Smart Snack Nutrient Guidelines. We continue to work with manufactures to produce the best tasting kids approved school snacks available! Each item is appropriately sized for the age group serving and are USDA approved.