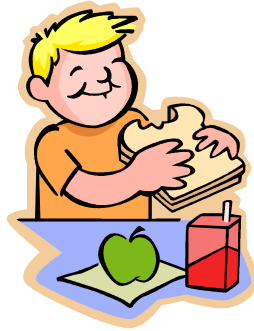


# What is a Complete Lunch?



## *What is a Complete Lunch?*

A complete lunch consists of at least three of five components offered, but preferably all five:

The components include:

- 1) Meat or meat alternative
- 2) Vegetable
- 3) Fruit and or 100% fruit juice
- 4) Grain (pasta, rice, bread, etc.)
- 5) Milk - 1% milk or low fat flavored milk are offered

In addition to the *Lunch of the Day*, there are alternatives available;

Sandwich choices are offered daily and can be chosen as part of a complete meal. Sandwiches are made on whole wheat bread in the elementary schools

Bagel with butter or cream cheese, with string cheese and/or yogurt

Various salads with meat or alternative proteins such as cheese or bean based items.

We encourage students to turn alternative choices into complete lunches by taking additional lunch components for optimal nutritional intake.

## Lunch Prices

Elementary - \$1.75

Secondary - \$2.00

Reduced - \$0.25

Milk sold ala carte - \$0.60

Nutritional analysis of the elementary menu is calculated on a weekly basis for:

Calories – Protein – Fat – Saturated Fat – Vitamin A – Vitamin C – Fiber – Sodium - Calcium