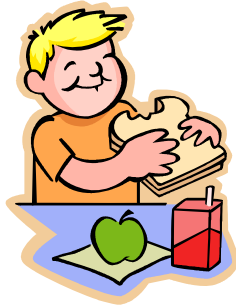


What is a Complete Lunch?



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
- 4) Grain (pasta, rice, bread, etc.)
- 5) Milk – 1% 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 meat 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 -	\$2.25
Secondary -	\$2.75
Reduced -	\$0.25

Milk, if purchased ala carte - \$0.60