



All Type A Meals MUST include a serving of fruit or vegetable.

YOUR LUNCH INCLUDES:

- Meat** Item: (Often included in your main dish)
- Bread** Item: (Often included in your main dish)
- Fruit**: Fresh Fruit or Canned (or 4 oz Juice)
- Vegetable**: Hot or Fresh Vegetable or Side Salad
- Milk**: 8oz carton of Skim White or Chocolate Milk

You must select at least 3 of the 5 items, including a fruit or vegetable serving.

BUT

You may take ALL of the items if you wish.

At the Elementary Schools, the entrée usually contains the meat and bread.

The lunch price at the Elementary Schools is \$2.25 or \$0.40 Reduced.

Example:

Cheeseburger on a Bun⇒ contains **meat** and **bread** items

Crinkle Cut Oven Fries⇒ **vegetable**

Pineapple Tidbits⇒ **fruit**

Choice of Milk⇒ **milk**

OR

Oven Fried Chicken Drumstick⇒ **meat** item

Fluffy Biscuit⇒ **bread** item

Green Beans⇒ **vegetable**

Diced Pears⇒ **fruit**

Choice of Milk⇒ **milk**

At Middle Schools and High Schools, the entrees are at each station.

These meals may be \$2.50. Reduced Price is \$0.40

All qualified reimbursable meals MUST include a fruit or a vegetable