

Lunch Meal

A *minimum* of **3 Components** must be taken/**5 Components** *max*
A Fruit or Vegetable must be taken (can take both)

ALL FOOD CHOICES MUST BE DIFFERENT

An Entrée equals 2 components

Components are underlined

<u>Grain:</u>	<u>Protein:</u>	<u>Vegetable:</u>	<u>Fruit:</u>	<u>Dairy:</u>
bread	hot dog	fresh vegetables	fresh fruit	1%
bun	hamburger	hot vegetables	fruit cup	skim
roll	sloppy joe	salad	can fruit	choc
crackers	bbq riblet		4 oz. juice	strawb.

Entrée=combination of 2 components-Grain & Meat:

pizza
breaded nuggets
ham & cheese sw
hamburger
grilled cheese
spaghetti
taco salad
mini corndogs

***If 2 of the same sides or drink are taken
or more than 5 components selected,
there will be an extra charge - .75 side/.50 carton drink**

****Additional Entrée \$2.00**