

Hot Lunch Facts

All hot lunches include a half-pint of milk or orange juice.

Sliced bread, peanut butter and jelly are available daily to those students taking hot lunch.

Domino Pizza is served on Tuesdays. A salad bar is offered on Wednesdays and Thursdays to Grades 6-8.

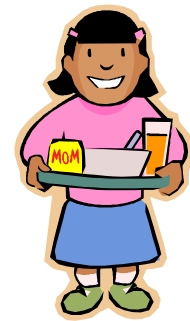
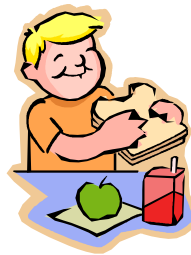


Student Lunches...\$3.00

Adult Lunches...\$3.25

Milk Only...40 cents

Extra Pizza Slice...\$1.00



Nutrition & Wellness

Lunch consists of:

2 oz. protein source

2 servings of bread grains or starch

2 (1/2 cup) servings of fruit and/or vegetable

8 oz. milk

Milk choices include skim, 1% and chocolate skim. Orange juice is 100% fruit juice.

*Whole grain white bread is offered daily. Whole grain sliced buns are served with hamburgers, chicken patties and sloppy joes. Most breaded chicken products use whole grains in the breading.

*Fresh fruits and vegetables offered include carrots, celery, broccoli, cauliflower, cucumber, lettuce, apples, bananas, oranges, grapes, watermelon, cantaloupe, strawberries and more.

*Canned fruit is packed in 100 % fruit juice or light syrup.

*All juices served contain 100% fruit juice.

*Vegetables that are canned or frozen are cooked with no added salt.

*French fries and potato smiles contain 100% 0 Trans Fat. All potatoes are baked, never fried.

Offer VS. Serve: Lunch consists of a protein source, a bread/grain, 2 fruits or vegetable servings and a milk serving. Students must choose at least three of the five items offered for lunch.