# **BMS LINE**

# ALTERNATE MEALS

<u>STUDENT MEALS-<mark>1 Free Meal</mark> (entrée only 2.85)</u> PICK 3 COLORS FOR A MEAL WITH ONE BEING A FRUIT OR VEG.

## THE MEAL BUNDLE INCLUDES

Main Entrée =(<mark>2 grains</mark> & <mark>2 m/ma components</mark>) Fruit and I vegetable 1 (required to take 1 fruit or veg) Milk (1% White Milk, Choc Milk)

**\*\*YOU MUST CHOOSE AT LEAST ONE FRUIT OR VEG. FOR A MEAL BUNDLE\*\* otherwise you will be charged a la carte prices** (All students can use this for a first lunch; second lunch will be an additional charge 3.00)

(MILK, 2 VEGETABLES and 1 FRUIT

### ALL MAIN ENTREES ARE GRAINS & M/MA COMPONENTS

### MAIN ENTRÉE CHOICES-1 ONLY PER MEAL

## ALTERNATE MENU LINE

- TUESDAY WG ITALIAN DUNKERS/SAUCE
- WEDNESDAY WG PIZZA
- THURSDAY WG CHEESEBURGER/FRIES
- FRIDAY WG PIZZA

ALTERNATE MAIN ENTRÉE DAILY (GRAIN&M/MA) NACHO CHEESE OR PRETZELS/CHEESE (Menu may change without notice)

#### FRUIT OPTIONS-1/2c serving sizes (Variety Daily)

Apples Oranges Banana Pears Tangerines Grapes Melon Pineapple Fruit Cup-peaches, mixed fruit, applesauce, pears, strawberries

#### **VEGETABLE OPTIONS-1/2 c. serving sizes (Variety Daily)**

Broccoli Cauliflower Carrots Celery Cucumbers Cuban Black Bean Salsa Green/Red Peppers Lettuce Onion Radishes Tomato Beans Three Bean Salad Hummus Marinara Sauce & Salsa Cups

<u>All packaged SNACK items are a la carte items (7<sup>TH</sup> & 8<sup>TH</sup> Grade Only)</u> <u>Require cash/ NO charging ALL SNACKS</u>

"This institution is an equal opportunity provider and employer."

Cristy Croson-Supervisor of Food Service <u>crosonc@newtoncsd.org</u> or 641-792-5797 ext. 2001