

BMS
ALTERNATE MEALS
STUDENT MEALS-1 Free Per Day (entrée only 2.85)
PICK 3 COLORS FOR A MEAL WITH ONE BEING
A FRUIT OR VEG.

THE MEAL BUNDLE INCLUDES

Main Entrée =(1-2 grains & 2 m/ma components)
1 Fruit and 1 Vegetable (1/2 c – 1c servings)
Milk (1% White Milk, Choc Milk)

(All students first lunch **FREE**) (Second lunch will be an additional charge 3.00)

(MILK, 1 VEGETABLE and 1 FRUIT

ALL MAIN ENTREES ARE GRAINS & M/MA COMPONENTS

MAIN ENTRÉE CHOICES-1 ONLY PER MEAL

ALTERNATE MENU LINE

MONDAY WG CHICKEN SANDWICH/TRI-TATER

TUESDAY WG ITALIAN DUNKERS/SAUCE

WEDNESDAY WG PIZZA BREAD

THURSDAY WG CHEESEBURGER/FRIES

FRIDAY WG PIZZA

ALTERNATE MAIN ENTRÉE DAILY (GRAIN&M/MA)
UNCRUSTABLE PB/J WITH STRING CHEESE OR YOGURT
(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-1 c

Onion

Radishes

Tomato

Beans

Three Bean Salad

Hummus-3 oz

Marinara Sauce & Salsa Cups

All packaged SNACK items are a la carte items (7TH & 8TH Grade Only)

Require cash/ NO charging ALL SNACKS

“This institution is an equal opportunity provider and employer.”

Cristy Croson-Supervisor of Food Service

crosonc@newtoncsd.org or 641-792-5797 ext. 2001