# -HIGH SCHOOL ONLY-A LA CARTE LINE

STUDENT MEALS-1 Free Daily (entrée only 2.95)
PICK 3 COLORS FOR A MEAL WITH ONE BEING
A FRUIT OR VEG.

## THE MEAL BUNDLE INCLUDES-

Main Entrée = (2 grains & 2 m/ma components)

Fruit and 1 vegetable (required to take 1)

4 oz 100% Juice – fruit component

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, 1 FRESH VEGETABLE and 1 FRESH FRUIT or 1 JUICE)

<u>ALL MAIN ENTREES ARE <mark>GRAINS</mark> & <mark>M/MA COMPONENTS</mark></u>

MAIN ENTRÉE CHOICES (2 OR MORE OPTIONS DAILY) (menu may change without notice)

TUESDAY-WG-PIZZA BREAD OR HOTDOG/FRIES

**WEDNESDAY-**WG-PIZZA OR POPCORN CHICKEN

THURSDAY-WG-BOSCO/SAUCE OR CHEESEBURGER/FRIES

FRIDAY-WG-PIZZA OR POPCORN CHICKEN

DAILY ENTREES

WG-NACHO/CHEESE OR PRETZELS/CHEESE

WG-UNCRUSTABLE PB/J

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

**Apples** 

**Oranges** 

Banana

**Pears** 

**Tangerines** 

**Grapes** 

Melon

Fruit Cup-peaches, mixed fruit, applesauce, pears, strawberries 100% apple /orange juice/grape-1/2c

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

Broccoli

Cauliflower

Carrots

**Celery** 

Cucumbers

**Cuban Black Bean Salsa** 

**Green/Red Peppers** 

Lettuce

Onion

**Radishes** 

**Tomato** 

**Beans** 

**Three Bean Salad** 

### All packaged SNACK items are a la carte items 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