**What is a Meal?**
You must choose at least 2 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

**Weekly Vegetable Subgroups**
May Include:
- Dark Green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Legumes - beans and peas
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections**
May Include:
- Apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Leave Your Lunch at Home**
Daily entree options may include:
- Hamburger
- Cheeseburger
- Spicy Chicken Patty
- A Variety of Pizza Choices

**UP FOR GRABS**
Pizza Cravings
Turkey and Cheese Wrap
Ham and Cheese Wrap
Peanut Butter and Jelly Sandwich
Occasionally you may find:
- a Hoagie or a Luncheon Meat Croissant
- or other surprises

Chef Salads Daily and a Weekly Featured Salad
All options include the veggies, fruits and milk to make a lunch

**Lunch Prices**
Student $2.15
Reduced $1.40
Adult $3.15

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USDA is an equal opportunity provider and employer.