

Meal Deal or No Meal Deal

Complete school meals are designed to give students the most nutrition for the best price every day! At a minimum, each meal must contain at least one fruit or vegetable side, plus two other items, but they can have up to two fruit sides, two vegetable sides, a carton of milk, in addition to the entrée that offers whole or enriched grains and lean proteins. Single item purchases, seconds, or meals without any fruit or vegetable sides will be priced a la carte. See some examples below on how students can get the most bang for their buck!



No Meal Deal! \$2.55
 Partial Entrée (Chicken) \$2.00
 Milk \$0.55



No Meal Deal! \$3.30
 Full Entrée (Chicken and Roll) \$2.00
 Milk \$0.55
 Side (Roll) \$0.75



Meal Deal! \$3.00
 Full Entrée, 1 Vegetable Side, Milk



Meal Deal! \$3.00
 Full Entrée, 2 Vegetable Sides, 2 Fruit Sides, Milk

