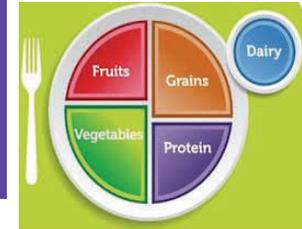




# Food Service Department



## Let's Do Lunch...and Breakfast too!

**Learn how to make your way through the cafeteria and how to choose the best values for your money. Information on our complete meals with nutritious offerings for breakfast and lunch, on our SNAP debit accounts for students and staff and on our great deals for *Combo Meals*!**

### Breakfast Combos

Students may choose three or four parts of a **Breakfast Combo** for the economical combo price of \$1.75. Breakfast combo menus include one entrée item, one side item, and/or one milk.

- √√ One main entrée counts as two parts...biscuit sandwich, cinnamon roll, french toast sticks, dry cereal, pan cakes, omelet, etc.
- √ One side selection counts as one part...fruit juice or fresh fruit.
- √ One eight ounce carton of milk counts as one part...choose 1% white, skim white or 1% flavored milk.

Breakfast Combo Examples: Pancakes w/Sausage, Fruit Juice and Milk; or Dry Cereal, Fresh Fruit, and Milk; or Cinnamon Roll or Yogurt, Fruit Juice, and Milk; or Biscuit Sandwich, Juice, and Milk.

### Lunch Combos

Students may choose three, four or five parts of a **Lunch Combo** for the economical combo price of \$2.95. The lunch combo menus include one protein item, one bread or grain item, two fruits or vegetable items, and/or one milk.

**In accordance with the USDA regulations implemented in 2012, all students MUST take a fruit or vegetable choice.**

- √ One main entrée protein item counts as one part...menus offer different entrée choices daily, such as chicken nuggets, pizza, cheeseburger, grilled sandwich, etc.
- √ One bread or grain item counts as one part...some, such as sandwich buns or dinner rolls, etc., are served with entrees and are part of the total count.
- √√ Two different fruit or vegetable items count as two parts...fresh or canned fruit, side salad, fruit juice, hot vegetables, french fries, etc. – **All students are required to take at least one side of fruit or vegetables daily!**
- √ One eight ounce carton of milk counts as one part...choose 1% white, skim white or 1% flavored milk.