## Lunch Prices

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type A Lunch</td>
<td>$1.90</td>
</tr>
<tr>
<td>Reduced Lunch</td>
<td>$.25</td>
</tr>
<tr>
<td>Milk/Chocolate Milk</td>
<td>$.50</td>
</tr>
<tr>
<td>100% Juice or Fresh Fruit &amp; Fresh Vegetable</td>
<td>$.45</td>
</tr>
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### All Student Lunch Includes

- Whole Milk, Skim Milk, 1% Milk or Low Fat Chocolate Milk
- 100% Juice or Fresh Fruit & Fresh Vegetable

### Healthy Lunch Alternates Available Daily

- Low Fat American Cheese Sandwich
- On Whole Wheat Bread
- Peanut Butter & Jelly Sandwich
- On Whole Wheat Bread
- Whole Grain Bagel with Butter Cream Cheese, & Cheese

Above Lunches Include: Vegetable, Choice of Fruit, Low Fat Cheese & Choice of Milk.

### Sensible Snacks

- Pretzel Rods,
- Whole Grain Cookies
- Baked Chips
- Animal Crackers
- Graham Crackers
- Dolphin Crackers
- Low-Fat Yogurt
- Quaker Rice Cakes
- Fat=7 grams or less
- Sat Fat=2 grams or less
- Sodium=360mg or less
- Sugar=15 grams or less

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### Breakfast Menu

**All Breakfast are served with choice of Milk, Juice or Fresh Fruit**

- All Cereal Served with a side of Graham Crackers
- French Toast
- Eggy Toast on a Wheat Bun
- Wheat Bagels
- Pancakes

**Monday**

- French Toast
- Turkey Sausage Links
- Carrot Sticks
- Oranges

**Tuesday**

- Spaghetti & Meat Sauce
- Grated Cheese
- Sliced Wheat Bread
- Green Beans
- Chilled Pears

**Wednesday**

- Turkey Hot dog
- On a Wheat Bun
- Tater Tots
- Celery Sticks
- Apples

**Thursday**

- Chicken Quesadillas
- Fluffy Rice
- Corn
- Fruit Cocktail

**Friday**

- Ham & Cheese (P)
- Mini Bagel Melt

### Vegetables of the Month

- Corn

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### Prepaid Lunch Tickets

- Secondary 20 Day Lunch: $44.00
- Primary / Inter 20 Day Lunch: $37.00
- All Schools 20 Day Breakfast: $24.00
- Secondary Half Year Lunch: $175.50
- Primary / Inter Half Year Lunch: $148.00
- All Schools Half Year Breakfast: $108.00
- Secondary Full Year Lunch: $351.00
- Primary / Inter Full Year Lunch: $296.00
- All Schools Full Year Breakfast: $216.00

### Half Year & Full Year

- Tickets not available after October 6, 2010
- Tickets are non-transferable and non-refundable

### Menu

- *If you have a food allergy, please speak to the Coo, Manager, or your Server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.

### V=Vegetarian Selection

### =Healthier Choice

### P=Pork Product

- Color your day the healthy way! Different colored fruits and veggies contain different vitamins and minerals so it's better to eat a variety. Why not try 5 varieties of colored veggies with your favorite dressing or maybe a salad with your favorite toppings.