



What is a complete Meal?

A complete meal is comprised of at least **three different food components** of the five components offered at both breakfast and lunch. Students may take up to all five but must take a minimum of three. Complete student meals receive federal and state reimbursement based on serving category (free, reduced, paid). In order to receive these reimbursements, we need to make sure students get a complete meal that includes a fruit or vegetable serving. Adult meals do not receive government reimbursement and are priced based on ingredients, labor and other overhead costs.

We expect that students who are buying a complete meal to take at least three of five components, with one being a serving of fruit and/or vegetable.

Breakfast (\$3.00 for students, \$3.50 for adults):

- Breakfast includes a daily special, egg sandwiches every day, fruit choices, bagels, oatmeal with toppings and various a la carte items. We expect when choosing a complete breakfast 3 food components are taken with one of the components being a fruit.

Daily Entrée Meal (\$3.50 for students, \$4.50 for adults):

- There is a main event meal available daily in the cafeteria. This meal is different every day. This meal includes protein, bread, fruit, vegetables and milk. For students, the daily entrée comes with the fruit and salad bar. To be counted as a meal, **students *must* take three of the five menu options, which *must* include at least one fruit or vegetable.**
- A second meal can be purchased for the same price. A second meal for a free or reduced student does cost the regular meal price.

Salad Bar Meal (\$3.50 for students, \$4.50 for adults):

- A full service salad bar that offers all five components.

Grab & Go Meals (\$3.50 for students, \$4.50 for adults):

- There is a variety of sandwiches, wraps, yogurt parfaits, and pre-made salads that are offered as a complete meal. Depending what is in the pre-made salad, a roll, fruit and/or milk can be added to complete the meal

What is an a la carte item?

- A la Carte items are sold separately from a complete meal. **They are an additional cost** and cannot be charged on a negative balance account. Please be aware that these items can add up quickly on an account, so please keep track of spending.

Seltzer Drinks-\$1.25

Bottled Water-\$1.25

Juice (8 oz)-\$1.00

Extra Milk-\$.50

Naked Juices-\$2.25

Soy Milk-\$1.00

Green Mountain Greek Yogurt-\$1.25

Pretzel and Hummus-\$2.00

Small Portion Salads (like the Bow Thai Salad)-\$3.00

Variety of Chips-\$1.00

Goldfish-\$.75

Cheese Stick-\$.50

Granola Bar-\$1.00

Additional Fruit\$.50

Bake Goods-Vary in price (\$1.00-\$2.00)