

MIDDLE SCHOOL / UPPER ELEMENTARY PRICE LIST 2011 - 2012

BREAKFAST

STUDENT	1.30
ADULT	1.75

BREAKFAST ALA CARTE ITEMS

HOT ENTRÉE	1.10	MILK OR JUICE	0.45
BAGEL W/CREAM CHEESE	0.75	FRESH FRUIT	0.45
CEREAL	0.50	POP TARTS	0.90
CEREAL BARS	0.65	STRING CHEESE	0.45
GRANOLA BARS	0.65	4 oz YOGURT (TRIX)	0.60
NUTRIGRAIN BARS	0.65	6 oz YOGURT (DANNON)	0.95

LUNCH

STUDENT	2.40		
ADULT	3.15	ADULT ENTRÉE	2.25

ALA CARTE ITEMS

CLODHOPPERS	0.45	MILK (LARGE)	1.00
ENTRÉE W/O LUNCH	2.00	RICE KRISPIE TREAT	0.75
ENTRÉE W/LUNCH	1.00	ROLL AND BUTTER	0.45
FRENCH FRIES	0.85	SIDE SALAD	0.65
FRUIT	0.45	STRING CHEESE	0.45
FRUIT SNACKS (lg)	0.75	TEDDY GRAHAMS	0.45
FRUIT SNACKS (sm)	0.50	VEGETABLES	0.45
GATORADE (12oz)	1.25	WATER (20oz)	1.25
FRUIT 66 DRINK	1.25	YOGURT - DANNON (6oz)	0.95
MASHED POTATOES	0.65	YOGURT - TRIX(4oz)	0.60
MILK OR JUICE	0.45		

Single-serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

- 1) Contain 300 or fewer calories,
- 2) One or more grams of fiber, or
- 3) At least 10% of Calcium, Iron, Vitamin A or Vitamin C