

MIDDLE SCHOOL PRICE LIST 2008-2009

BREAKFAST

STUDENT	1.20
ADULT	1.55

BREAKFAST ALA CARTE ITEMS

HOT ENTRÉE	0.90	MILK OR JUICE	0.40
BAGEL W/CREAM CHEESE	0.75	FRESH FRUIT	0.40
CEREAL	0.50	POP TARTS	0.85
CEREAL BARS	0.65	STRING CHEESE	0.40
GRANOLA BARS	0.65	4 oz YOGURT	0.60
NUTRIGRAIN BARS	0.65	6 oz YOGURT	0.85

LUNCH

STUDENT	2.25		
ADULT	2.75	ADULT ENTRÉE	1.85

ALA CARTE ITEMS

ENTRÉE W/O LUNCH	1.85	MILK OR JUICE	0.40
ENTRÉE W/LUNCH	1.00	RICE KRISPIE TREAT	0.75
FRENCH FRIES	0.85	ROLL AND BUTTER	0.40
FRUIT	0.40	SIDE SALAD	0.65
FRUIT SNACKS (lg)	0.75	STRING CHEESE	0.40
FRUIT SNACKS (sm)	0.40	VEGETABLES	0.40
GATORADE (12oz)	1.00	WATER (8oz)	0.50
MASHED POTATOES	0.65	YOGURT (6oz)	0.85

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