

Meal Deal includes (5) Components

1. Meat or Meat Alternate – (meat, cheese, eggs, beans etc.)
2. Grain – (buns, rice, bread, etc.)
3. Fruit
4. Vegetable
5. Milk

Student **CAN** take all 5 components

Student **MUST** take at least 3 components with one being Fruit or Vegetable

If student does not do this, it is not a meal deal, and all items will be charged individually ala carte prices which will cost **MORE!**

Thank-you!!

Janie Maier – School Nutrition Director