

BMS
ALTERNATE MEALS
STUDENT MEALS-1 Free Per Day (entrée only 2.85)
PICK 3 COLORS FOR A MEAL WITH ONE BEING
A FRUIT OR VEG.

THE MEAL BUNDLE INCLUDES

Main Entrée =(1-2 grains & 2 m/ma components)

1 Fruit and 1 vegetables (1/2 c. -1 c. servings)

Milk (1% White Milk & Choc Milk)

(All students first lunch FREE; second lunch will be an additional charge 3.00)

(MILK, VEGETABLE and FRUIT OPTIONS (MAIN LUNCH MENU-CHOICES)

ALL MAIN ENTREES ARE GRAINS & M/MA COMPONENTS

MAIN ENTRÉE CHOICES-1 ONLY PER MEAL

MONDAY HAM/CHEESE *SANDWICH

TUESDAY TURKEY/CHEESE *SANDWICH

WEDNESDAY HAM/CHEESE *SANDWICH

THURSDAY TURKEY/CHEESE *WRAP

FRIDAY *HOT DOG

ALTERNATE MAIN ENTRÉE DAILY (GRAIN&M/MA)

***UNCRUSTABLE PB/J & STRING CHEESE-(DAILY ALTERNATE)**

(Menu can change without notice)

“This institution is an equal opportunity provider and employer.”

Cristy Croson-Supervisor of Food Service

crosonc@newtoncsd.org or 641-792-5797 ext. 2001

FRUIT OPTIONS-1/2c- serving sizes (Variety Daily)

Apples

Oranges

Banana

Pears

Tangerines

Grapes

Melon

Pineapple

Fruit Cup-peaches, mixed fruit, applesauce, pears, strawberries

VEGETABLE OPTIONS-1/2 c. serving sizes (Variety Daily)

Broccoli

Cauliflower

Carrots

Celery

Cucumbers

Cuban Black Bean Salsa

Green/Red Peppers

Lettuce-1 /C.

Onion

Radishes

Tomato

Beans

Three Bean Salad

Hummus-3 OZ

Marinara Sauce & Salsa Cups

All packaged SNACK items are a la carte items

Require cash/ NO charging ALL SNACKS

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