

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 2 Vegetable (1/2 c – 1c servings)
Milk (1% White Milk, Choc Milk)

(All students first lunch **FREE**) (Second lunch will be an additional charge 3.00)

(MILK, 2 VEGETABLE and 1 FRUIT

ALL MAIN ENTREES ARE GRAINS & M/MA COMPONENTS

MAIN ENTRÉE CHOICES-1 ONLY PER MEAL
(WG-Whole Grain Products)

ALTERNATE MENU LINE

MONDAY	WG BEEFBURGER/FRIES
TUESDAY	WG PIZZA BREAD
WEDNESDAY	WG CHICKEN SANDWICH
THURSDAY	WG PIZZA
FRIDAY	WG HOTDOG/FRIES

ALTERNATE MAIN ENTRÉE DAILY (GRAIN&M/MA)
UNCRUSTABLE PB/J WITH STRING CHEESE OR YOGURT
(Menu may change without notice)

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 (7TH & 8TH Grade Only)
Require cash/ NO charging ALL SNACKS

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

Cristy Croson-Supervisor of Food Service
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