

**Select at least 3 items from
Choice #1 or Choice #2
(must take at least "1" serving of Fruit)**

Sample

BREAKFAST CHOICE # 1

- Item 1 &2- Breakfast Pizza
- Item 3- Blueberries and
a Juice
- Item 4- Milk

BREAKFAST CHOICE # 2

- Item 1- Dry Cereal
- Item 2- Grahms
- Item 3- Blueberries
And a Juice
- Item 4- Milk

(Raisins or Fresh fruit may also be one of the fruit choices)

**Select at least 3 items from
Choice #1 or Choice #2
(must take at least "1" serving of Fruit)**

BREAKFAST CHOICE # 1

Sample

- Item 1 &2- Pancake Wrap
- Item 3- Strawberries and
a Juice
- Item 4- Milk

BREAKFAST CHOICE # 2

- Item 1- Dry Cereal
- Item 2- Grahms
- Item 3- Strawberries
And a Juice
- Item 4- Milk

(Raisins or Fresh fruit may also be one of the fruit choices)

**Select at least 3 items from
Choice #1 or Choice #2
(must take at least "1" serving of Fruit)**

Sample

BREAKFAST CHOICE # 1

- Item 1- Colby Cheese Omelet
- Item 2- Toast
- Item 3- Fresh Orange & Juice
- Item 4- Milk

BREAKFAST CHOICE # 2

- Item 1- Dry Cereal
- Item 2- Grahms
- Item 3- Fresh Orange and
a Juice
- Item 4- Milk

(Raisins or Fresh fruit may also be one of the fruit choices)

Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following:

**Meat or Meat Alternate,
Grain,
Fruit, Vegetable
and of course, Milk!**

While the most nutritious lunch contains all of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose at least 3 food groups for his meal. One of the food groups must be a fruit or vegetable. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

Here's an example menu:

Cheeseburger on a Bun
1/2 cup Carrots
1/2 cup French Fries
1/2 cup Peaches
8oz of Milk

So, your child could choose:

Cheeseburger on a Bun and Fries
Carrots, Peaches and Milk
Cheeseburger on Bun, Peaches and Milk

Of course they can take other combinations or all 5 food groups!

The choice is up to them!

If your child comes home and says she didn't get enough to eat at lunch, ask if she is taking all of her fruit and vegetable choices!

Don't forget about breakfast! Join us each morning, breakfast is a great way to kick off your child's day!

Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast, one must be a fruit or vegetable.

MEAL OR NO MEAL?



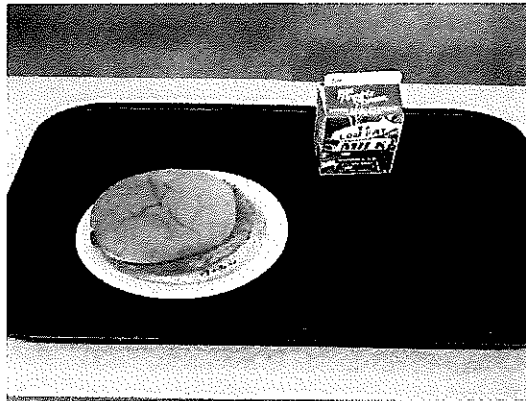
East Washington Middle School

DON'T GO HUNGRY.

Are you a Nutrition Value Shopper?

the most nutrition for the best price. Each combo must contain at least 1 fruit or vegetable side, but you can have up to 1 fruit sides, 2 vegetable sides, and milk! Without fruits or vegetables, items are priced a la carte.

Musketeer Meals are designed to give you



NO MEAL! \$2.45
 Entrée + Grain 2.00
 (Chicken patty on bun)
 Milk .45



MEAL \$2.55
 Entrée + Grain, Milk, 1 Vegetable Side



MEAL (Better Value) \$2.55
 Entrée + Grain, Milk, 1 Vegetable Side,
 1 Fruit Side



MEAL (Best Value) \$2.55
 Entrée + Grain, Milk, 2 Vegetable Sides,
 1 Fruit Side

Musketeer Meal

Select "1" Entrée & Grain:

Walking Taco with Tortilla Chips

Smart Crust Pizza

Entrée Salad w/ Roll

Deli Sandwich

May select "2" Vegetables:

Tomato/Lettuce/Salsa

Refried Beans

Garden Salad

May select "1" Fruit:

Sliced Pears

Fruit Juice

Raisins

Fresh Fruit

Select "1" Milk:

Skim Milk

FF Vanilla Milk

FF Chocolate Milk

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****"A Meal must consist of ½ c. Fruit or Vegetable"****

Weston, IA's award-winning opportunity provider

Musketeer Meal

Select "1" Entrée & Grain:

Bosco Sticks/Marinera Sauce

Smart Crust Pizza

Entrée Salad w/ Roll

Deli Sandwich

May select "2" Vegetables:

Sweet Potato Fries

Seasoned Green Beans

Garden Salad

May select "1" Fruit:

Peaches

Fruit Juice

Raisins

Fresh Fruit

Select "1" Milk:

Skim Milk

FF Vanilla Milk

FF Chocolate Milk

****"A Meal must consist of ½ c. Fruit or Vegetable"****