

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of ½ cup serving of fruit or a minimum of a ½ cup of vegetable must accompany a reimbursable lunch**

Meat or Meat Alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Fruit  
Grain/Bread

Choice of Milk- 1% White or Fat-Free Chocolate



### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, and 100% fruit juices

**LEAVE YOUR LUNCHBOX AT HOME!**

**DAILY ALTERNATES.**

Daily entrée options may include:

Sunbutter and Jelly on whole grain Sliced Bread, Gluten free alternative

**Nutritious Friends**

**Look for our Nutritious Friend of the Month on the menu!!**

**Lunch Prices**

**Student \$0.00**

**Adult \$0.00**

**General Manager**

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**Email**

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# MHY Family Services

## January/February Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<b>19</b> <b>Martin Luther King Jr Day!</b> 	<b>20</b> Mini Cini Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>21</b> Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>22</b> Breakfast Pizza Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>23</b> WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk
<b>26</b> Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>27</b> Breakfast Wrap Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>28</b> Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>29</b> Blueberry Waffle Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>30</b> WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk
<b>2</b> Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>3</b> Mini Cini Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>4</b> Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>5</b> Breakfast Pizza Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>6</b> WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk
<b>9</b> Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>10</b> Breakfast Wrap Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>11</b> Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>12</b> Blueberry Waffle Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>13</b> WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk