***What you can get for $3.85!***

***(same for students on the NSLP Free & Reduced program)***

***Your Entrée (This is your meat and grain) any food court serving line - ie Pizza, Pasta, Wraps, Sandwiches, Nachos etc***

***Milk (Dairy) White, Skim or Chocolate carton***

***2 Veggies – choose 2:***

***side salad, carrot crisps or veggie topping on your entrée, (ie a deli sandwich which has lettuce, tomatoes, green peppers etc)***

***2 Fruits – choose 2:***

***fruit juice cup, box of raisins or any whole fruit like bananas, apples, pears, or oranges***

 ***2 1***

*** 1***

 ***2 1***

 ***Remember the 211 – 2 Fruits and Veggies each, 1 Entrée and 1 Milk***