

# Create your tray **THE** healthy way!!



Choose **AT LEAST** 3 components



(one must be a **Fruit** or **Vegetable** to avoid a la carte prices) from the following food groups:

- **Vegetables** and **Fruits** – *Up to 2 choices each*

### One Choice From Each:

- **Grains**
- **Meat or Meat Alternate**
- **Milk**



### 2017-2018 Lunch Prices

Grade	Price
K-5	\$3.05
6-12	\$3.15
K-12 Free & Reduced	No Charge
Adults	\$4.10

\*Menu prices are based on selection of all 5 components and are not reduced based upon selecting fewer choices per USDA guidelines.

For best nutrition and value choose **all 5!**