

## A La Carte Menu

<b>Fresh Fruit</b>	<b>\$.25</b>
<b>Baby Carrots/Dressing</b>	<b>\$.25</b>
<b>Sugar Cookie</b>	<b>\$.25</b>
<b>String Cheese</b>	<b>\$.25</b>
<b>Sunflower Nuts</b>	<b>\$.25</b>
<b>Goldfish Crackers</b>	<b>\$.25</b>
<b>Corn Nuts</b>	<b>\$.50</b>
<b>Fresh Baked CC Cookie</b>	<b>\$.50</b>
<b>Assorted Baked Chips</b>	<b>\$.50</b>
<b>Ice Cream—Low Fat</b>	<b>\$.50</b>
<b>Yogurt Parfait</b>	<b>\$1.00</b>
<b>Pizza Stick</b>	<b>\$.75</b>
<b>Burrito or Chimichanga</b>	<b>\$1.00</b>
<b>Capri Sun Juice</b>	<b>\$.50</b>
<b>Milk—Large</b>	<b>\$.75</b>
<b>Bottled Water</b>	<b>\$.50</b>
<b>Canned Juice Drinks</b>	<b>\$1.00</b>
<b>Gatorade</b>	<b>\$1.00</b>
<b>Izze Drinks</b>	<b>\$1.00</b>

## LUNCH MENU

**\$2.00**

*All students, including those eligible for lower priced meals through the National School Lunch Program, may select items served each week in the cafeteria.*

### ENTREE

**Mon: Hot Dog**  
**Tues: Burrito & Churro**  
**Weds: Burger & Chips**  
**Thurs: Pizza**  
**Fri: PBJ or Grilled Cheese**

### SIDES

*Choose up to two of the following:*  
 Fresh Fruit, Baby Carrots, Raisins,  
 Fruit Juice, Fruit Cup, Icee Treat or  
 Sherbet

**Lunches include a choice of nonfat  
 chocolate or low fat milk.**



## Mobile Cart

### MONDAY

*Hawa-e! Rice Bowls*  
*Chicken Vegetable \$3.00*  
*Chicken Pineapple \$3.00*  
*Asstd. Sub Sandwiches \$2.50*  
*Personal Salads \$2.50*

### TUESDAY

*Arby Melt Sandwich \$2.00*  
*Arby Junior \$2.00*  
*Asstd. Sub Sandwiches \$2.50*  
*Personal Salads \$2.50*

### WEDNESDAY

*Pizza \$2.00*  
*Breadsticks with Marinara Sauce \$2.00*  
*Asstd. Sub Sandwiches \$2.50*  
*Personal Salads \$2.50*

### THURSDAY

*Pick Up Stix \$2.00*  
*Asstd. Sub Sandwiches \$2.50*  
*Personal Salads \$2.50*

### FRIDAY

*Pizza \$2.00*  
*Breadsticks with Marinara Sauce \$2.00*

## 2009-2010 Meal Prices

<b>Paid</b>	<b>\$2.00</b>
<b>Reduced</b>	<b>\$ .40</b>
<b>Adult</b>	<b>\$2.50</b>
<b>Milk</b>	<b>\$ .35</b>

### What's included in lunch?

Your school district participates in the National School Lunch Program. Public Law 103-448 requires that meals be planned to meet specific nutrient guidelines. Since many food choices are offered daily, the maximum and minimum numbers of menu items required for a program meal must be defined.

### A Lunch is defined as follows:

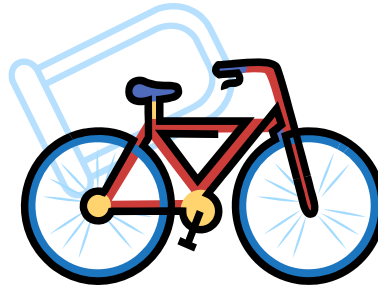
**Students must select 1: Entrée**  
**May Select up to 2: Sides**  
**May Select up to 1: Milk**

**A meal must include a minimum of one entrée and one additional item. Mobile Cart and A la carte items are also available to purchase.**

## EAT FRUIT AND VEGETABLES

## AND

## BE ACTIVE



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Ocean View School District  
**Middle School  
Menu  
2009-2010**