

PLEASANTVILLE School District

Get the best DEAL. \$3.40. Make it a MEAL!

What's available on the lunch line other than the featured entrée?



<u>PIZZA MEAL</u>	<u>HOT SANDWICH MEAL</u>	<u>COLD SANDWICH MEAL</u>	<u>SALAD MEAL</u>
Plain Pepperoni Peppers & Onion & Bacon Buffalo Chicken	Chicken Sandwich <i>(Plain or Spicy)</i> Cheeseburger Hot Dogs	Italian Hoagie Turkey & Cheese Hoagie Ham & Cheese Chicken Caesar Wrap Buffalo Chicken Wrap Sun Butter & Jelly Bagel/Yogurt/Cheese Stick	Chicken Caesar Buffalo Chicken Salad Chef Salad Taco Salad Hummus Platter

Extra Entrée \$2.50

First choose your meal! Your meal is your PROTEIN and GRAIN!

Choose at least 1 fruit or veggie. You may take up to 2 fruits & 2 veggies! Milk is included.



What makes a meal?

The agency that governs that school lunch program is the **USDA (United States Department of Agriculture)**. USDA defines a meal as containing a protein, grain, fruit, veggie and milk. Schools must offer all of these components but students are only required to take 3 out of 5 of these components with one being a fruit or veggie.

- Protein:** animal meats, cheese, yogurt, certain legumes.
- Grain:** breads, crackers, pasta, cereal, tortilla chips.
- Milk:** Fluid milk— must be non fat sweetened, non fat unsweetened or low fat unsweetened.
- Fruit:** whole fruit, cupped fruit or 100% fruit juice. You may take 1 or 2 servings.
- Veggie:** salad, raw veggies, cooked veggies. You may take 1 or 2 servings.



This Institution Is An Equal Opportunity Provider.

Food Service Director: Tracy Coston ~ Email: PLS@nsfm.com ~ Phone: 609-383-6900 4039 *Menu Subject To Change