

## What do you get with a “LUNCH”? & What is NOT included?

<u>Meal prices:</u>	<u>Breakfast</u>	<u>Lunches</u>	
Elementary	\$1.75 *	\$3.00	*Breakfast available at Eliot & Mitchell
High Rock	NA	\$3.25	
Pollard	\$2.00	\$3.25	Salad Bar: \$3.75
High School	\$2.00	\$3.25	Salad Bar & Gourmet Choices: \$4.00

Included in a **LUNCH** (= a complete meal) (free, reduced or full price) is:

- One Entrée (any choice, including Gourmet entrees or Salad Bar at Pollard and High School) An Entrée is the protein item and grain item usually served together, ie: hamburger on a bun.
- Fruits and Vegetables --Unlimited (within reason) and we encourage students to eat plenty.
- Milk, 8 oz. – Choice of: 1%, Fat-free, Fat-free Chocolate or Strawberry, Lactaid (for documented lactose intolerant students)
- Dessert - if it is written on the menu for the day (usually 1-2 x/week)

**Other “a la carte” items are available in each cafeteria FOR \$ SALE**, which are NOT included in the LUNCH price. The items that are not included are priced as follows:

### **Elementary:**

- 4 oz. Yogurt \$ .75 (Yogurt is INCLUDED in the Bagel or Pretzel LUNCH)
- 8 oz. Water \$ .50
- Additional milk \$ .75

### **High Rock 6<sup>th</sup> grade school:**

- 2<sup>nd</sup> Entrée \$ 2.00
- Healthy Snacks, limited variety \$ .50 - \$ 1.00
- 4 oz. Yogurt \$ .75
- 8 oz. Water \$ .50
- 16 oz. Water \$1.00
- Additional Milk \$ .75

### **Pollard Middle School:**

- 2<sup>nd</sup> Entrée \$ 2.00
- Healthy Snacks, variety \$ .50 - \$ 1.00
- Fresh Baked Cookie \$ .50
- 4 oz. Yogurt \$ .75
- 8 oz. Water \$ .50
- 16 oz. Water \$1.00
- 12 oz Seltzer water \$1.00
- Additional Milk \$ .75

### **Needham High School:**

- 2<sup>nd</sup> Entrée \$ 2.00
- 2<sup>nd</sup> Gourmet Entrée \$ 2.25
- PB&J Pocket Sand. \$ 1.25
- 6 oz. Yogurt \$ 1.75
- Additional milk \$ .75
- Smoothie 16 oz. \$2.50
- Baked Lays Chips \$ .75
- Cereal \$1.00
- 20 oz. Water \$1.25
- 8oz Sparkling Juice \$1.00

**Students who qualify for FREE or REDUCED price** meals are able to get one complete lunch (and one complete breakfast (where served) at no charge per day. (The reduced-price is waived for the school year 2019-2020.)

Students, especially at the middle and high schools, often select additional entrees, water, snacks or cookies. These a la carte items are not included in LUNCH prices, and are full price for everyone. If you want your child to be able to purchase a la carte items in addition to lunch, they can pay with cash, or you can deposit money into their lunch account in order to buy those items.

If you have any questions, feel free to call the Nutrition Services Department at 781-455-0400 x11219.