## Bento Boxes

Available for students Grades 7-12. These meals meet State requirements for a full meal.

All meals include:
2 oz M/MA
$1 / 2$ cup fruit
$1 ⁄ 2$ cup vegetable
2 oz grain
Milk

All meals are packed in our local kitchen and a variety of meals will be offered which include the following:

- Tuna Sandwich, Cheese Stick, Mayonnaise, Chips, $1 ⁄ 2$ cup Fruit, $1 / 2$ cup Vegetable, Milk Offered Monday, Wednesday and Friday's
- Shredded Chicken Sandwich, Cheese Stick, Chips, Mayonnaise, $1 / 2$ cup Fruit, $1 / 2$ cup Vegetable, Milk offered Tuesday and Thursday
- Ham sandwich, Mayonnaise, Chips, $1 / 2$ cup Fruit, $1 / 2$ cup Vegetable, Milk
- Parfait, 1 cup yogurt, 1 cup Lowfat Granola, 1 cup fruit, Milk

These meals are subject to change
This institution is an equal opportunity provider


