

## WHAT DO YOU GET WITH A LUNCH AND WHAT IS NOT INCLUDED?

Meal prices:	Breakfast	Lunches	
Elementary	\$2.00 *	\$3.25	*Breakfast available at Eliot & Mitchell
High Rock	NA	\$3.50	
Pollard	\$2.25	\$3.50	Salad Bar: \$4.00
High School	\$2.25	\$3.50	Salad Bar & Gourmet Choices: \$4.25

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 \$ .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 \$ .50 - \$1.00
- 4 oz. Yogurt \$ .75
- Fresh Baked Cookie \$ .50
- 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
- 6 oz. Yogurt \$1.75
- PB&J Pocket Sandwich \$1.25
- Cereal \$1.00
- 16 oz. Smoothie \$2.50
- 20 oz. Water \$1.25
- Baked Lays Chips \$ .75
- Additional Milk \$ .75
- 8 oz. Sparkling Juice \$1.00

All meals will be provided free to all students in the 2021-2022 school year. However, a la carte items (purchased especially by students at the middle and high schools) **ARE NOT** included in lunches, and are charged full price for everyone. If you want your child to be able to purchase a la carte items in addition to lunch, please send them with cash or deposit money into their lunch accounts so they can buy these items.

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