



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

Meal prices:	Breakfast	Lunches	
Elementary	\$2.00	\$3.25	
High Rock	\$2.25	\$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. All students are charged full price for a la carte items; they **ARE NOT** included with the price of a lunch. 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

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.