

# LITTLE FERRY PUBLIC SCHOOLS



## MEALS / ALTERNATIVE MEALS

All meals include a protein, grain, dairy, vegetable and fruit. You must select at least 3 to be considered a meal, one being a fruit or vegetable. Bottled water is not included with any lunch meal but available for purchase as an ala carte item.



### MAIN MEAL

Main Meal of Day

Choice of Fruit(s) of Day  
(Includes up to 1 Juice)

Choice of Vegetable(s) of Day

Choice of Milk

### MOZZ STICK MEAL

6 Mozzarella Sticks

Choice of Fruit(s) of Day  
(Includes up to 1 Juice)

Choice of Vegetable(s) of Day

Choice of Milk

### HOT DOG MEAL

Hot Dog on WW Bun

Choice of Fruit(s) of Day  
(Includes up to 1 Juice)

Choice of Vegetable(s) of Day

Choice of Milk



### BAGEL MEAL

Mini WW Bagel (Cream cheese / butter)

2 Cheesesticks or  
Low Fat Yogurt

Choice of Fruit(s) of Day  
(Includes up to 1 Juice)

Choice of Vegetable(s) of Day

Choice of Milk

### PRICING

Lunch	\$3.25
Extra Entrée	\$1.75
Extra Fruit\Vegetable	\$.75
Extra Milk	\$.55
Extra Juice	\$.55
Small Water	\$.55
Large Water	\$1.00
Potato Chips	\$1.00
3 Cookies	\$1.00
Soft Pretzel	\$1.00
Ice Cream	\$1.00
Yogurt	\$1.50

### SPECIAL MEAL

Weekly Special (Rotation)

Goldfish Crackers will be available for  
salad specials

Choice of Fruit(s) of Day  
(Includes up to 1 Juice)

Choice of Vegetable(s) of Day

Choice of Milk

