

# What can I have for a meal deal?

**AT LEAST:** entrée and ½ cup fruit or vegetable

- There are **5** daily entrees to choose from:
  - hot entrée
  - pizza
  - hot sandwich
  - deli sandwich or wrap
  - salad

**THE MOST:** An entree, 2 fruits, 2 vegetables and a milk

- Fruit and vegetables available:
  - hot vegetables
  - fresh vegetables
  - side salad
  - fresh apples/bananas
  - canned fruit
  - raisins

# Smaller Appetite Sample Meal Deals



In these samples, raisins and fruit cocktail count as  $\frac{1}{2}$  cup fruit or vegetable.

# Smaller Appetite Sample Meal Deals



In these samples, fresh veggies and whole apple count as ½ cup fruit or vegetable.



# Larger Appetite Sample Meal Deals



**Where do I find these items?** Check the side deli coolers for cupped fresh vegetables. Make your own side salad in the center area.

# Larger Appetite Sample Meal Deals



Where do I find these items? Check the side deli coolers for wraps, deli sandwiches and salads.



# Coming Soon: Fruit/Veggie Bar



- You will be able to make your own fruit and vegetable combinations using our new fruit and veggie bar!
- You must take  $\frac{1}{2}$  - 2 cups of fruit and vegetables daily.
- Stay tuned for more information!