

Spartan Café News

High School/Middle School

To continue to promote healthy eating habits for the 2010/2011 school year we are re-emphasizing that our students purchase what is commonly called an approved class “A” lunch. A class “A” lunch includes all the components required by state guidelines to receive the nutrients necessary for a healthy balanced meal. Students who purchase this lunch for \$2.50 receive a main item & bread/grain, a vegetable & fruit serving and an 8oz carton of milk. Two main item choices will be offered daily for students to choose from. Salads will also be available daily for purchase as part of their lunch.

If a student purchases main entree items separately or “a la carte” these items are priced at \$2.50. If a student wishes to purchase an extra main item after a regular lunch has been purchased they will only be charged the \$1.50 for the item. The pricing should encourage students to select a wholesome class A lunch.

Other Items for purchase on a daily basis are as follows:

Gatorade, Water, 100% Fruit Juice, Chips, Nachos & Cheese, Pop Tarts, Twix, Ice Cream Varieties, and as always extra fruit, vegetable and milk servings.