

# 2023-2024 HEALTHY MEALS

## Mainland Regional High School

### Breakfast

<b>Student Breakfast</b>	<b>\$2.75</b>	<b>Adult Breakfast</b>	<b>\$3.15</b>
<b>Reduced Breakfast</b>	<b>\$FREE</b>		

### Lunch

<b>Student Lunch</b>	<b>\$4.25</b>	<b>Adult Lunch</b>	<b>\$4.75</b>
<b>Student Entrée Only</b>	<b>\$3.00</b>	<b>Reduced Lunch</b>	<b>\$FREE</b>

### Beverages

<b>Milk</b>	<b>\$.75</b>	<b>100% Juice 4 oz.</b>	<b>\$.75</b>
<b>Bottled Water 16 oz.</b>	<b>\$1.25</b>	<b>Coffee</b>	<b>\$1.50</b>
<b>Snapple/Flavored Water</b>	<b>\$2.50</b>	<b>Switch Drinks 12 oz.</b>	<b>\$1.75</b>

### À La Carte Snacks

<b>Fresh or Chilled Fruit</b>	<b>\$.85</b>	<b>Pop Tart</b>	<b>\$1.25</b>
<b>Vegetable Side</b>	<b>\$1.00</b>	<b>French Fries</b>	<b>\$1.50</b>
<b>Small Side Salad</b>	<b>\$1.50</b>	<b>Fruit Snacks</b>	<b>\$1.00</b>
<b>Savory Soup</b>	<b>\$2.00</b>	<b>Soft Pretzel</b>	<b>\$1.25</b>
<b>Baked Chips</b>	<b>\$1.25</b>	<b>Fresh Baked Cookie</b>	<b>\$1.00</b>
<b>Slushie</b>	<b>\$1.50</b>	<b>Ice Cream</b>	<b>\$2.00</b>
		<b>Rice Krispie Treat</b>	<b>\$1.25</b>