



# IUSD NUTRITION SERVICES

MIDDLE AND HIGH SCHOOL LUNCH COMBO



NOVEMBER 2009



## MEAL 1

**\$ 4.25**

**Pick-Up Stix  
Sandwich World**



## MEAL 2

**\$ 3.75**

(Choice of 1)

**Burrito – All Flavors**

**Homemade Spaghetti or Ravioli**

**Chicken Strips, Chicken Nuggets or Chicken Sandwich**

**Corn Dog or Hot Dog**

**Hamburger or Cheeseburger**

**Slice of Pizza (Cheese or Pepperoni)**

**Specialty Salads**

**Sandwiches (Our own and Sandwich World)**

**Yogurt (8 oz.) with Bagel or Muffin**



**VEGETERIAN AND VEGAN ENTREES AVAILABLE UPON REQUEST**

## ALL MEALS INCLUDE

(Choice of 2)

**Assorted Fresh Fruit**

**Fruit Cup**

**Tossed Salad**

**Fruit Juice (8 oz.)**



## BEVERAGES

(Choice of 1)

**Milk ½ pt. carton**

**(Nonfat White or Nonfat Chocolate or Lowfat White)**

**Water**



or



with

