



# North Reading's School Lunch is Nutritious and a Real Deal!

**School lunch is *not* what it used to be!  
Delicious homemade recipes, fresh fruits,  
vegetables and whole grains make up the  
menu in your child's café.**

Did you know that your student can get  
these meals in their Elementary School  
Café for just \$2.50?

School Lunch	Lunch Packed from Home
Choice of two Entrée Or Bagel Bag Fun Lunch  Choice of Unlimited Fresh Or canned Fruits and Vegetables  8 oz Low fat Milk	Turkey & Cheese Sandwich  Lettuce & Tomato Mustard or Mayo  1 Piece of Fresh Fruit  8oz Milk
<b>\$2.50</b>	<b>\$3.35</b>

**Teriyaki Chicken over Brown Rice,  
Steamed  
Oriental Vegetables  
Egg Roll, Cupped Pineapple, Fortune Cookie  
Lowfat Milk**

**Bagel Bag Fun Lunch  
Bagel, yogurt, cheese, fruit  
Choice of Cream Cheese or Margarine  
Lowfat Milk**

**Hot Dog on Wheat Roll  
Oven Baked Beans  
½ oz bag of Pretzel  
Homemade Blueberry Crisp  
Lowfat Milk**

**Benefits of school lunch:**

- Delicious and nutrient-rich foods are offered!
- Students can practice making healthy selections!
- Save time with not needing to prepare lunches every morning!
- Save money!

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