## Birdies Lunch Hea



- Main Course
- 2) Milk MILK



\*Milk is not required for a meal, but is encouraged!

3 Fruits and Veggies



(Ask Your Parents First!)

THESE ITEMS COST EXTRA

S Chips · Cookie · Pop Tart String Cheese · Applesauce 3 Fruit Roll-Up · Stuffed Cookie Pudding/Jello · Ice Cream · Brownie \$ Goldfish · Rice Krispie · Pretzel Water Bottle · Capri Sun · Switch