



**STUDENTS MAY USE ONE MEAL EXCHANGE PER MEAL PERIOD**

# OPTIONS

SELECT ONE OPTION FOR A MEAL EXCHANGE:  
EACH OPTION **INCLUDES** A **BEVERAGE** AND **WHOLE FRUIT**

<b>BREAKFAST</b> 8 a.m. - 11 a.m.	<b>LUNCH</b> 11 a.m. - 2 p.m.	<b>SNACK</b> 2 - 4 p.m.	<b>DINNER</b> 4 - 7 p.m.
<ul style="list-style-type: none"> <li>• Scrambled egg bake with tortilla (1 burrito)</li> <li>• Breakfast Pizza (1 slice)</li> <li>• Breakfast Tornados (2 rolls)</li> <li>• Muffin or pop-tart (1 item)</li> <li>• Bagel with cream cheese or peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• Entrée of the day and vegetable (available lunch or dinner)</li> <li>• Lipari sandwich and soup or chili</li> <li>• Fresh Creations salad and soup or chili</li> <li>• Panini sandwich and bag of chips</li> <li>• Pepperoni, Sausage, or Cheese Pizza (2 slices)</li> <li>• Pepperoni, Sausage, or Cheese Pizza (1 slice) and Bosco sticks with sauce (1 package)</li> <li>• Hot dog and bag of chips</li> </ul>		

**ALL DAY GRAB-N-GO**

- Gatorade whey protein bar
- Smoothie of the day 20 oz. no additional beverage

**BEVERAGES**

- Fountain 16 oz.
- Coffee 16 oz.
- Smoothie of the day 12 oz.
- Milk carton
- Silk Soy milk
- Bottled water
- Fountain juice 16 oz.



**PARKVIEW**

MEAL EXCHANGE

**CAFE**

Any other café items that are desired but not included on the meal exchange menu may be purchased with Dining Dollars, cash or credit.