



# BBO



For Lunch Must Choose 3 or More Food Components

1 Entrée == 2 Food Components

1 Fruit = 1 Food Component

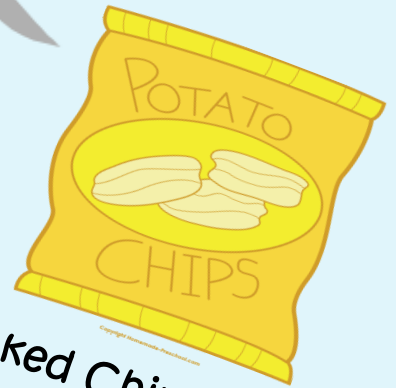
1 Vegetable = 1 Food Component

1 Milk = 1 Food Component

Make sure 1 item = 1/2 cup Fruit and/or vegetable!



Beef Hamburger (31) or Vegetarian Teriyaki Burger (41)



Baked Chips (18)



Olives (3)



Carrots (7)



Milk  
1% White (16)  
Fat Free Chocolate (22)



Fresh Fruit (17-22)

The numbers in parenthesis is the grams of carbs in the item. Complete CHO listing available at: [www.musdnutrition.net](http://www.musdnutrition.net)



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