

GO - These foods are lowest in fat. You can eat them "almost" anytime.

SLOW - These foods are higher in fat. You can eat them "sometimes".

WHOA - These foods are highest in fat. You can eat them "on occasion" combined with other GO foods.

**Bridge City Independent School District
Middle School
Premium Line**

2011- 2012

Monday	Tuesday	Wednesday	Thursday	Friday
5 " Round Pizza	Chicken Drum of Fire	Crispadora	Taco Snack	Big Cheese Pizza
Curly Fries	Fresh Vegetables w/Dip	Potato Tots	Fresh Vegetables w/Dip	Curly Fries
Country Blend Vegetables	Au Gratin Potatoes	Chili Pinto Beans	Chuck Wagon Vegetables	Seasoned Green Beans

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Daily Salad To Go Fresh Fruit Hamburger

- Premium line price is \$2.45 per student (\$0.40 for reduced) \$3.10 for staff and \$3.10 for visitors.
- 'Salad To Go' or Hamburger will be available daily as an alternate meal.
- Fresh Fruit is offered daily. Students can select one meat entrée & two vegetables, OR fruit daily.
- A variety of milk is offered with all meals.