



Healthy Kids Choice

Includes Sandwich, Side and Drink
Kids 12 and under

\$4.95

Breakfast

Breakfast Bagel Sandwich

Egg, cheese, and choice of ham or turkey on a whole wheat bagel.

Lunch

Choice of kids size whole wheat bagel or 1/2 sandwich on multigrain bread.

***Turkey and Cheddar Sandwich**

***Ham and Swiss Sandwich**

Sides

Baby Carrots

Fresh Fruit

Drinks

Milk

100% Juice

*Meets additional, voluntary, lower sodium requirements for
Healthy Kids Choice nutrition criteria

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www.healthyshasta.org

