

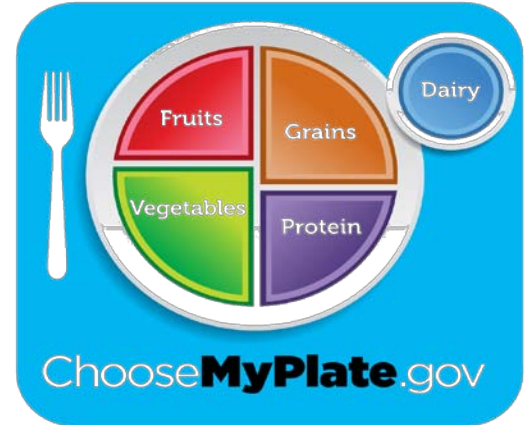
Are You 'N The Zone?

3 Steps To a Healthy Meal Deal!

STEP 1: May choose

- **1 Milk**

White, Chocolate, Skim, Lactose Free, Soy



STEP 2: May choose one Entree

- **1 Meat**

- **1 Grain**

Monday-Week 1

Sweet/Sour Chicken & Brown Rice/Eggroll

Bacon Cheeseburger on Bun

Pepperoni/Cheese Pizza/Crust

Chicken Fajitas/Tortilla

STEP 3: **MUST** choose

- **1 or 2 Fruits**

and/or

- **1 or 2 Veggies**



3, 4 or 5 Components must be selected for a complete meal deal.

One item **MUST** be a fruit or a vegetable.

A La Carte prices will be charged if meal deal does not meet guidelines.