# QUICK GUIDE TO CBA LENTEN MEAL DEALS

## STEP 1

**Choose One Drink:**
- White (2%) milk
- Skim milk
- Chocolate milk
- Fountain Beverage

## STEP 2

**Choose One Entree:**
- Fish Sandwich
- Fried Clams
- Grilled Cheese
- Deli sandwich
- Hot Entree of the day with vegetable
- Two Slices of Pizza (note: *does not include side dish/fries*)
- Soup du jour and a side salad (note: *does not include side dish/fries*)
- Baked Potato and side salad (note: *does not include side dish/fries*)

## STEP 3

**Choose One Side Dish** (with all combos except pizza, soup & salad, potato & salad)
- French fries
- Vegetable of the day
- Bag of chips

## STEP 4

**Choose One Small Cookie**

### Ala carte alternatives
- Pretzel Bites $1.10
- Mozzarella Sticks with Marinara $2.85
- Pizza Sticks with Marinara $3.50
- Nachos with Cheese $1.60
- Wrap/Pita Sandwiches $2.75
- Entree Salad $3.75
- Side Salad $1.75
- Fried Clams $2.65
- Grilled Cheese $2.10
- Cheese & Crackers Power Up Snack pack $3.50
- Fruit Platter Power Up Snack Pack $3.50
- Tuna Salad (or Egg Salad) & Crackers $2.25