



**Free & Reduced Price Meals Program**  
**APPLY ONLINE TODAY!**



Daily Meal Prices	
BREAKFAST	LUNCH
\$1.50	\$2.75
<b>Reduced Price</b>	
\$0.30	\$0.40
*only those students who have qualified for Federal Free/Reduced Meals Program are eligible for reduced price meals.	

Monday	Tuesday	Wednesday	Thursday	Friday	FYI										
<b>3</b> <u><b>BREAKFAST</b></u> WG Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Turkey Sandwich Celery Sticks & Baby Carrots Ranch Dip, Fruit Cup Goldfish Cheese Crackers 🍃 Grilled Cheese Sandwich	<b>4</b> <u><b>BREAKFAST</b></u> Cinnamon Bagel , Fruit, Juice, Milk  <u><b>LUNCH</b></u> Macaroni & Cheese w/Diced Chicken Fresh Spinach-Grape Tomato Salad Fresh Strawberries Garlic Bread 🍃 Macaroni & Cheese	<b>5</b> <u><b>BREAKFAST</b></u> WG Cereal, Graham Crackers, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Philly Cheesesteak Po-Boy Lettuce/Tomato/Pickle cup Fresh Fruit Chocolate Chip Cookie 🍃 Garden Burger	<b>6</b> <u><b>BREAKFAST</b></u> Breakfast Bar, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Chicken & Sausage Jambalaya Three Bean Salad Fruit Cup Soft WG Roll 🍃 Veggie Jambalaya	<b>7</b> <u><b>BREAKFAST</b></u> Yogurt, Graham Crackers, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Cheeseburger on WG Bun Shredded lettuce/Tomato/Pickle Cup Fresh Fruit 🍃 Garden Burger	<u><b>April Meal Prices</b></u>  <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Full Price</b></td> </tr> <tr> <td>\$22.50</td> <td>\$41.25</td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Reduced Price</b></td> </tr> <tr> <td>\$4.50</td> <td>\$6.00</td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Full Price</b>		\$22.50	\$41.25	<b>Reduced Price</b>		\$4.50	\$6.00
<b>Breakfast</b>	<b>Lunch</b>														
<b>Full Price</b>															
\$22.50	\$41.25														
<b>Reduced Price</b>															
\$4.50	\$6.00														
<b>Spring Break (School Closed)</b> <b>April 10-14</b> 															
<b>17</b> <u><b>BREAKFAST</b></u> WG Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Turkey & Cheese Wrap Hearty Garden Salad Fruit Cup, Teddy Grahams 🍃 Vegetable Wrap w/ Hummus	<b>18</b> <u><b>BREAKFAST</b></u> Yogurt, Graham Crackers, Juice, Milk  <u><b>LUNCH</b></u> Chicken and Noodles Spinach & Cranberry Salad Fruit Cup, WG Roll 🍃 Noodles & Broccoli w/ Cheese	<b>19</b> <u><b>BREAKFAST</b></u> Breakfast Bar, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Ham & Cheese Melt Fresh Baby Carrots & Celery Sticks Ranch Dressing Fresh Fruit, Baked Chips 🍃 Grilled Cheese Sandwich	<b>20</b> <u><b>BREAKFAST</b></u> Apple Cinnamon Muffin, Juice, Fruit, Milk  <u><b>LUNCH</b></u> Macaroni & Cheese Casserole Fresh Garden Salad Fresh Red/Green Grapes WG Roll 🍃 Macaroni & Cheese	<b>21</b> <u><b>BREAKFAST</b></u> WG Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Chipotle Chicken Wrap Steamed Whole Kernel Corn Fresh Fruit Teddy Grahams 🍃 Vegetable Wrap	Discover the sweetest, juiciest, and crunchiest fruits & veggies 										
<b>24</b> <u><b>BREAKFAST</b></u> WG Cereal, Graham Crackers, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Hamburger on Bun Shredded lettuce/Tomato/Pickles Fruit Cup Gelatin Cup 🍃 Garden Burger	<b>25</b> <u><b>BREAKFAST</b></u> Breakfast Bar, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Spaghetti Casserole Fresh Caesar Salad Fresh Strawberries Garlic Bread 🍃 Spaghetti & Marinara Sauce	<b>26</b> <u><b>BREAKFAST</b></u> Blueberry Muffin, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Breaded Chicken on WG Bun Shredded lettuce/tomato/pickle Fresh Fruit, Pudding Cup 🍃 Garden Burger	<b>27</b> <u><b>BREAKFAST</b></u> Croissant, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Chicken & Veggie Rice Fresh Garden Salad Fruit Cup WG Roll 🍃 Vegetable Rice Casserole	<b>28</b> <u><b>BREAKFAST</b></u> Yogurt, Graham Crackers, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Pepperoni Pizza Rolls Steamed Whole Kernel Corn Fresh Fruit, Gelatin Cup 🍃 Three Cheese Quesadilla											
Want to get your engine going?  <b>Eat Fruits and Veggies!</b>	 <b>CLASSES RESUME MONDAY, APRIL 17TH</b>	 Available Daily with all meals:  Low-fat and Fat Free unflavored milk  Fat Free flavored milk			 <b>USDA is an equal opportunity provider and employer.</b>										

## MY SCHOOL BUCKS

[www.Myschoolbucks.com](http://www.Myschoolbucks.com)

- Pay for school meals anytime, anywhere from your computer or smartphone.
- Schedule recurring payments
- Check meal account balances
- View purchases
- Set up low balance email reminders

## FOOD ALLERGIES

Federal and State regulations require a completed and current diet prescription form for any type of change or substitution to the student's diet. The special diet prescription form will need to be completed by your child's physician or medical authority. We **will not** process a special diet request for your child until we receive the 2016 - 2017 form.

**\*\* NOTE \*\*** If a student cannot have fluid milk as a result of a medical diagnosis, the Physician must prescribe the milk substitute on the Diet Prescription Form. The following milk substitutions are available: 4 oz juice, bottled water, and Soy Milk.

# OFFER VS. SERVE (BREAKFAST)

## CHOOSE AT LEAST 3 ITEMS



GRAINS



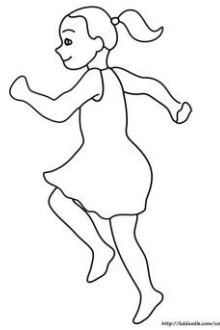
MILK



Fruits and Vegetables

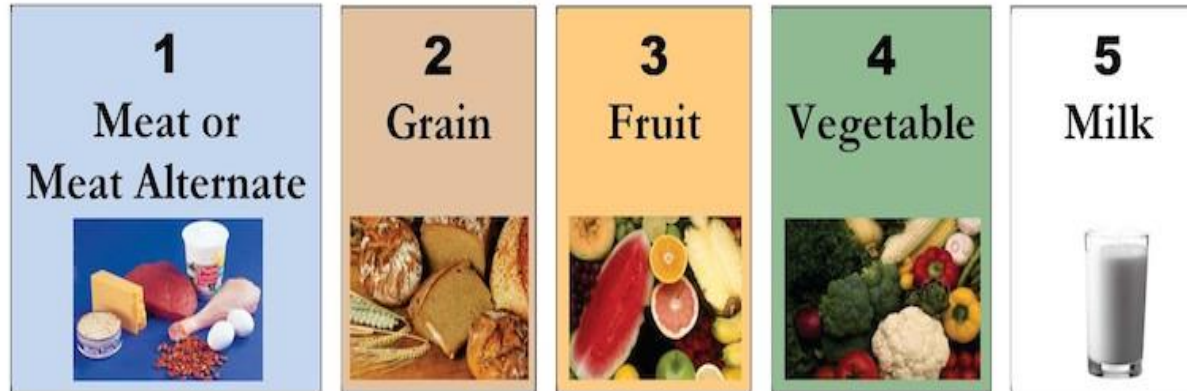
## MUST TAKE ½ CUP FRUIT OR VEGETABLE

*USDA is an equal opportunity provider and employer.*



Offer versus Serve

## The **5 Meal Components** for School Lunch



You choose **at least 3** including

- $\frac{1}{2}$  cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**