



Free & Reduced Price Meals Program
APPLY ONLINE TODAY!



**2017
 Mid-City/Olivier-Westbank**

Daily Meal Prices

BREAKFAST LUNCH
 \$1.50 \$2.75

Reduced Price
 \$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										
3 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk LUNCH Chicken Vegetable Rice Casserole Salad Bar –Color Your Plate WG Roll Chilled Sliced Peaches 🍃 Vegetable Rice Casserole	4 BREAKFAST WG Breakfast Bar, Fruit, Juice, Milk LUNCH Hamburger on WG Bun Tater Tots Shredded Lettuce/Tomato/Pickles Chilled Sliced Pears 🍃 Garden Burger	5 BREAKFAST WG Assorted Cereal, Graham Crackers, Fruit, Juice, Milk LUNCH Macaroni & Cheese Casserole Salad Bar –Color Your Plate Chilled Mixed Fruit Garlic Bread 🍃 Spaghetti & Marinara Sauce	6 BREAKFAST Sausage Biscuit, Fruit, Juice, Milk LUNCH Ham & Cheese Sandwich Lettuce/Tomato/pickles Chilled Sliced Peaches Baked Chips 🍃 Grilled Cheese Sandwich	7 BREAKFAST WG French Toast, Fruit, Juice, Milk LUNCH Taco Salad Refried Beans Salad Bar –Color Your Plate Fresh Fruit, Salsa 🍃 Vegetarian Taco Salad	April Meal Prices <table border="0"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td></td> <td>Full Price</td> </tr> <tr> <td>\$22.50</td> <td>\$41.25</td> </tr> <tr> <td></td> <td>Reduced Price</td> </tr> <tr> <td>\$4.50</td> <td>\$6.00</td> </tr> </table>	Breakfast	Lunch		Full Price	\$22.50	\$41.25		Reduced Price	\$4.50	\$6.00
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10 11 12 13 14 <div style="border: 1px dashed green; padding: 10px; text-align: center;"> <p>Spring Break (School Closed) April 10-14</p> </div>															
17 BREAKFAST Apple Cinnamon Muffin, Juice, Fruit, Milk LUNCH Chicken & Noodles Steamed Carrots Salad Bar –Color Your Plate Chilled Mixed Fruit, WG Roll 🍃 Noodles & Broccoli w/ Cheese	18 BREAKFAST Hashbrown, Sausage, WG Toast, Fruit, Juice LUNCH Ham & Cheese Melt Salad Bar –Color Your Plate Chilled Pears Pudding Cup 🍃 Three Cheese Melt	19 BREAKFAST WG Assorted Cereal, Fruit, Juice, Milk LUNCH Chicken & Sausage Jambalaya Three Bean Salad Chilled Apple Sauce Soft WG Roll 🍃 Veggie Jambalaya	20 BREAKFAST Apple Cinnamon Muffin, Juice, Fruit, Milk LUNCH Barbecue Pork on WG Bun Steamed Whole Kernel Corn Coleslaw Chilled Sliced Peaches 🍃 Garden Burger	21 BREAKFAST WG Waffle, Sausage, Fruit, Juice, Milk Breakfast for LUNCH Cheesy Grits, Sausage links Breakfast Potatoes Cinnamon Raisin Toast Fresh Fruit 🍃 Egg Patty	Discover the sweetest, juiciest, and crunchiest fruits & veggies 										
24 BREAKFAST Sausage Biscuit, Fruit, Juice, Milk LUNCH Chicken Tetrizzini Steamed Broccoli Salad Bar –Color Your Plate Chilled Applesauce, WG Roll 🍃 Vegetable Tetrizzini	25 BREAKFAST WG Pancakes, Fruit, Juice, Milk LUNCH Turkey Sandwich Salad Bar –Color Your Plate Chilled Sliced Peaches Goldfish Cheese Crackers 🍃 Grilled Cheese Sandwich	26 BREAKFAST WG Assorted Cereal, Fruit, Juice, Milk LUNCH Red Beans W/ Sausage & Ham Steamed Brown Rice Salad Bar –Color Your Plate Chilled Applesauce, Cornbread 🍃 Red Beans	27 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Milk LUNCH Chicken Sandwich on WG Bun Salad Bar –Color Your Plate Chilled Mixed Fruit Pudding Cup 🍃 Garden Burger	28 BREAKFAST Peaches Parfait, Graham Crackers, Juice LUNCH 🇺🇸 Pepperoni Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Chilled Sliced Pears 🍃 Cheese Pizza											
Want to get your engine going? Eat Fruits and Veggies!	 CLASSES RESUME MONDAY, APRIL 17TH	 Available Daily with all meals: Low-fat and Fat Free unflavored milk Fat Free flavored milk		 Tasty Veggies at Lunch!	 USDA is an equal opportunity provider and employer.										

MY SCHOOL BUCKS

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 Sov Milk.

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



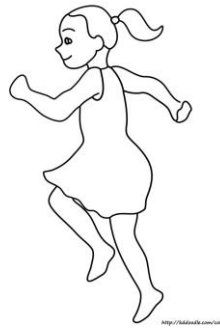
MILK



Fruits and Vegetables






MUST TAKE ½ CUP FRUIT OR VEGETABLE

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Offer versus Serve

The **5 Meal Components** for School Lunch

<p>1 Meat or Meat Alternate</p> 	<p>2 Grain</p> 	<p>3 Fruit</p> 	<p>4 Vegetable</p> 	<p>5 Milk</p> 
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You choose **at least 3** including

- ½ cup of fruit or vegetable
- at least two other full components

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