



Free & Reduced Price Meals Program

APPLY ONLINE TODAY!



Camp St. kitchen is cooking up something new while under construction!

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								
<p>15 BREAKFAST Mini Pancakes, Juice, Fruit, Milk</p> <p>LUNCH Ham & Cheese Mini Sub Lettuce/Tomato/Pickle Cup Fresh Fruit Assorted Baked Chips</p> <p>🌱 Garden Mini Sub</p>	<p>16 BREAKFAST Granola Bar, Fruit, Juice, Milk</p> <p>LUNCH Chicken Caesar Salad Yogurt, Whole Grain Crackers Fresh Fruit</p> <p>🌱 Garden Salad Shaker</p>	<p>17 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice, Milk</p> <p>LUNCH Tuna Salad, Yogurt Whole Grain Crackers Fresh Fruit Fresh Broccoli & Baby Carrots Oatmeal Cookie</p> <p>🌱 Garden Salad</p>	<p>18 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Italian mini Sub Lettuce, Tomato, Red Onion Pickle Slices Fresh Fruit, Baked Chips</p> <p>🌱 Garden Mini Sub</p>	<p>19 BREAKFAST French Toast, Fruit, Juice, Milk</p> <p>LUNCH Caesar Chicken Wrap Sliced Cucumbers/Tomatoes Fresh Fruit Gelatin Cup</p> <p>🌱 Creamy Greek Salad Wrap</p>	<p>FYI</p> <p> Available Daily with all meals:</p> <ul style="list-style-type: none"> Lowfat and Fat Free unflavored milk Fat Free unflavored milk 								
<p>22 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk</p> <p>LUNCH Chicken Salad on Croissant Garden Side Salad Baby Carrots Fresh Fruit</p> <p>🌱 Loaded Veggie Croissant</p>	<p>23 BREAKFAST Yogurt, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Roast Beef Sandwich Lettuce, Tomato, Pickles Fresh Fruit Baked Chips</p> <p>🌱 Garden Vegetable Sandwich</p>	<p>24 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Turkey & Cheese Wrap Fresh Side Salad Fresh Broccoli & Cauliflower</p> <p>🌱 Hummus & Veggie Wrap</p>	<p>25 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Chilled Pasta Salad, Yogurt Caesar Side Salad Fresh Fruit</p> <p>🌱 Chilled Pasta Salad</p>	<p>26 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Mini Sub Lettuce/Tomato/Pickle Cup Fresh Fruit Assorted Baked Chips</p> <p>🌱 Garden Mini Sub</p>	<p>ISL Camp St. Food Service Staff</p> <p></p> <p>Anna Harden Martha Irving Silverine Packnett-McGivens Emily Pineda</p>								
<p>29 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Cold Cut Combo w/ Cheese Sub Shredded lettuce, Tomato, Pickles Fresh Fruit</p> <p>🌱 Vegetable Sub</p>	<p>30 BREAKFAST Mini Pancakes, Fruit, Juice, Milk</p> <p>LUNCH Chef's Salad, Yogurt Whole Grain Crackers Fresh Fruit, Oatmeal Raisin Cookie</p> <p>🌱 Hearty Garden Salad w/ Cheese</p>	<p>31 BREAKFAST Granola Bar, Fruit, Juice, Milk</p> <p>LUNCH Chicken & Spinach Wrap Baby Carrots & Celery Fresh Fruit, Gelatin Cup</p> <p>🌱 Hummus & Veggie Wrap</p>	<p></p> <p><i>USDA is an equal opportunity provider and employer.</i></p>	<p style="text-align: center;">August Meal Prices</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">Breakfast</td> <td style="text-align: center;">Lunch</td> </tr> <tr> <td style="text-align: center;">\$19.50</td> <td style="text-align: center;">\$35.75</td> </tr> <tr> <td colspan="2" style="text-align: center;">Reduced Price</td> </tr> <tr> <td style="text-align: center;">\$5.20</td> <td style="text-align: center;">\$3.90</td> </tr> </table>		Breakfast	Lunch	\$19.50	\$35.75	Reduced Price		\$5.20	\$3.90
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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

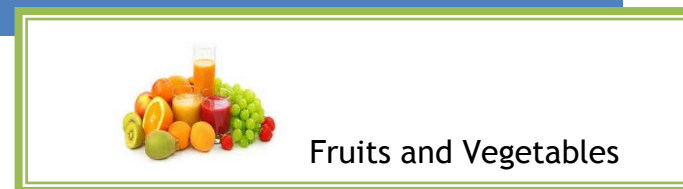


Federal and State regulations require a completed and current diet prescription form for any type of change or substitution to the student's diet. The special diet prescription form will need to be completed by your child's physician or medical authority. We **will not** process a special diet request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



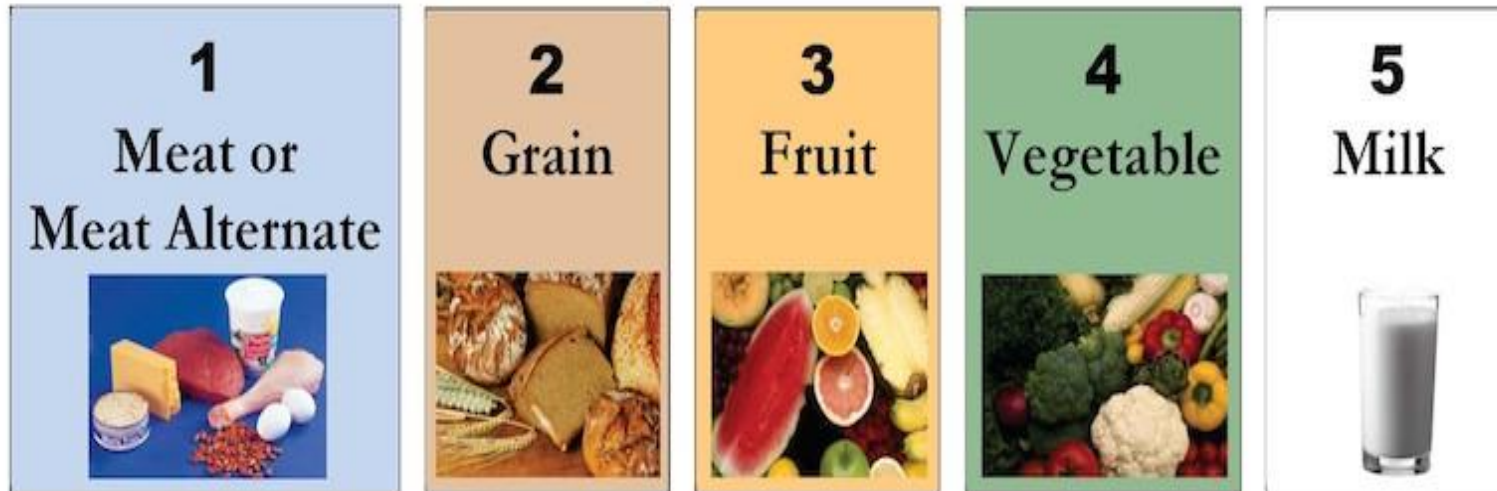
MUST TAKE ½ CUP FRUIT OR VEGETABLE

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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!**