



Free & Reduced Price Meals Program

APPLY ONLINE TODAY!



Daily Meal Prices

BREAKFAST \$1.50	LUNCH \$2.75
Reduced Price \$0.30	Reduced Price \$0.40

*only those students who have qualified for Federal Free/Reduced Meals Program are eligible for reduced price meals.



Available Daily with all meals:

- Lowfat and Fat Free unflavored milk

Fat Free unflavored milk

ISL Mid-City Food Service Staff



**Jackie Bodden
Jacqueline Washington**

ISL Westbank Food Service Staff



**Claudia Fuentes
Yvonne White**

Monday	Tuesday	Wednesday	Thursday	Friday	FYI				
15 BREAKFAST Assorted Cereal, Fruit, Juice, Milk LUNCH Ham & Cheese Mini Sub Lettuce/Tomato/Pickle Cup Fresh Fruit Assorted Baked Chips Garden Mini Sub	16 BREAKFAST Granola Bar, Fruit, Juice, Milk LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa Vegetarian Taco Salad	17 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice, Milk LUNCH Chicken Nuggets Macaroni & Cheese Salad Bar Medley Chilled Tropical Fruit Mix Whole Grain Roll Macaroni & Cheese	18 BREAKFAST Assorted Cereal, Fruit, Juice, Milk LUNCH Salisbury Steak Mashed Potatoes Fresh Romaine Lettuce Salad Chilled Sliced Peaches Whole Grain Roll Scalloped Potatoes	19 BREAKFAST French Toast, Fruit, Juice, Milk LUNCH Caesar Chicken Wrap Sliced Cucumbers/Tomatoes Fresh Fruit Gelatin Cup Southwestern Veggie Wrap	<p>August Meal Prices</p> <table border="1"> <tr> <td>Breakfast \$19.50</td> <td>Lunch \$35.75</td> </tr> <tr> <td>Reduced Price \$5.20</td> <td>Reduced Price \$3.90</td> </tr> </table>	Breakfast \$19.50	Lunch \$35.75	Reduced Price \$5.20	Reduced Price \$3.90
Breakfast \$19.50	Lunch \$35.75								
Reduced Price \$5.20	Reduced Price \$3.90								
22 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk LUNCH Chicken Salad on Croissant Garden Side Salad Baby Carrots Fresh Fruit 	23 BREAKFAST Yogurt, Graham Crackers, Fruit, Juice, Milk LUNCH Hot Dog on Bun Baked Beans Fresh Garden Salad Fresh fruit Black Bean Quesadillas	24 BREAKFAST Cereal, Fruit, Juice, Milk LUNCH Turkey & Cheese Wrap Fresh Side Salad Fresh Broccoli & Cauliflower Hummus & Veggie Wrap	25 BREAKFAST Breakfast Bar, Fruit, Juice, Milk LUNCH Chicken & Gravy Steamed Brown Rice Salad Bar Medley Fresh Fruit Salad Vegetable Rice Casserole	26 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Milk LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup Cheese Pizza					
29 BREAKFAST Cereal, Fruit, Juice, Milk LUNCH Cold Cut Combo w/ Cheese Sub Shredded lettuce, Tomato, Pickles Fresh Fruit Vegetable Sub	30 BREAKFAST Mini Pancakes, Fruit, Juice, Milk LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa Vegetarian Taco Salad	31 BREAKFAST Granola Bar, Fruit, Juice, Milk LUNCH Red Beans, Diced Ham Steamed Brown Rice Fresh Spinach & Cranberry Salad, Chilled Pears, WG Roll Vegetarian Red Beans	 USDA is an equal opportunity provider and employer.						



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

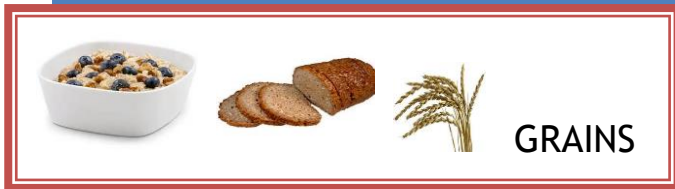


Federal and State regulations require a completed and current diet prescription form for any type of change or substitution to the student's diet. The special diet prescription form will need to be completed by your child's physician or medical authority. We **will not** process a special diet request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



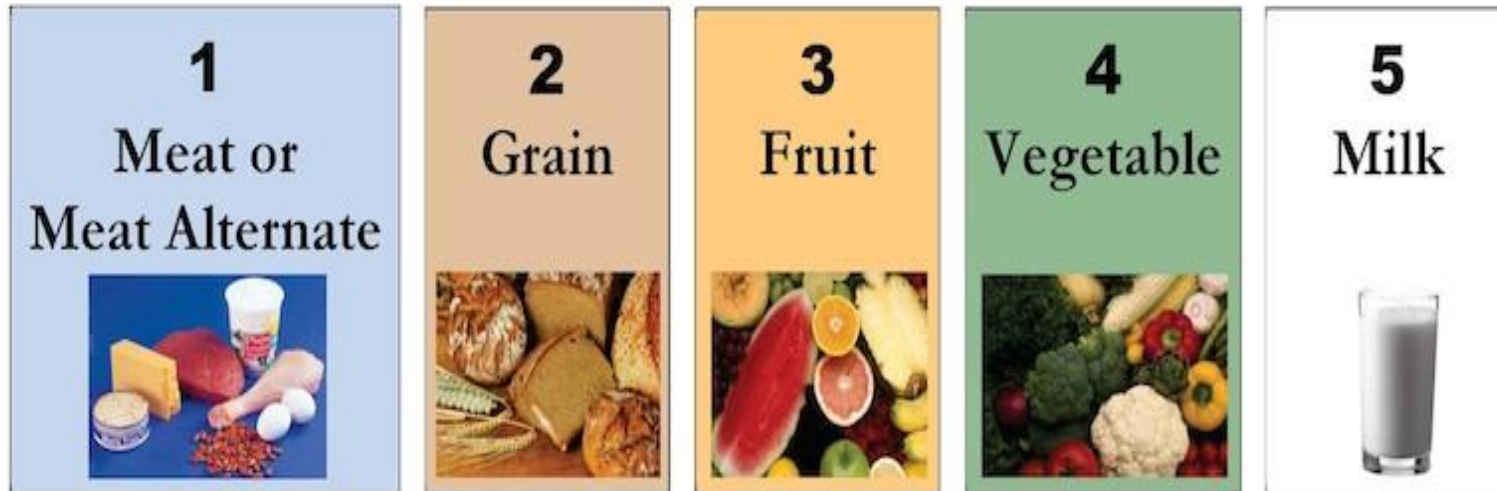
MUST TAKE ½ CUP FRUIT OR VEGETABLE

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!**