



Free & Reduced Price Meals Program
APPLY ONLINE TODAY!



Daily Meal Prices

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
<p>December Meal prices</p> <p>Full Price</p> <p>Breakfast \$21.00 Lunch \$38.50</p> <p>*Reduced Price</p> <p>\$4.20 \$5.60</p>		<p>Milk Available Daily with all meals</p> <p>Low-Fat and Fat Free Unflavored Fat Free flavored</p>	<p>1 BREAKFAST Sausage English Muffin, Fruit, Juice, Milk</p> <p>LUNCH – Taco Thursday</p> <p>Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p>2 BREAKFAST Yogurt, Graham Crackers, Fruit, juice, Milk</p> <p>LUNCH</p> <p>Mini Corn Dogs Baked Beans Fresh Garden Salad Chilled Fruit, WG Roll Three Cheese Quesadillas</p>	<p>Eat fruits and veggies at meals and for snacks</p>
<p>5 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Rotini Pasta Alfredo w/ Chicken Steamed Broccoli Cucumber & Tomato Salad Baked Apples, WG Roll</p> <p>Vegetarian Rotini Pasta Alfredo</p>	<p>6 BREAKFAST Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p>LUNCH Turkey & Cheese Mini Sub Lettuce, Tomato, Pickle Cup Fresh Fruit Baked Chips</p> <p>Vegetarian Veggie Roll w/ Hummus</p>	<p>7 BREAKFAST Mini French Toast, Fruit, Juice, Milk</p> <p>LUNCH Chicken & Sausage Jambalaya Steamed Corn, Three Bean Salad Sliced Pears WG Roll</p> <p>Vegetarian Vegetable Jambalaya</p>	<p>8 BREAKFAST Yogurt, Graham Crackers, Bananas, Juice, Milk</p> <p>LUNCH Roast Beef Sandwich Lettuce, Tomato, Pickle Cup Fresh Fruit Salad Goldfish Cheese Crackers</p> <p>Vegetarian Veggie & Cheese Sandwich</p>	<p>9 BREAKFAST Ham Biscuit, Fruit, Juice, Milk</p> <p>LUNCH</p> <p>Sausage Pizza Corn on the Cob Fresh Fruit Pudding Cup</p> <p>Vegetarian Cheese Pizza</p>	<p>USDA is an equal opportunity provider and employer</p>
<p>12 BREAKFAST Breakfast bar, Fruit, Juice, Milk</p> <p>LUNCH Salisbury Steak Mashed Potatoes Steamed Broccoli Apple Sauce, WG Roll</p> <p>Vegetarian Garden Patty w/ Gravy</p>	<p>13 BREAKFAST Mini Pancakes, Apple Slices, Juice, Milk</p> <p>LUNCH Ham & Cheese Melt Fresh Carrots & Celery Sticks Fresh Fruit</p> <p>Vegetarian Grilled Cheese Sandwich</p>	<p>14 BREAKFAST Blueberry Muffin, Fruit Cup, Juice, Milk</p> <p>LUNCH Turkey Roast w/ Gravy Cornbread Dressing Steamed Green Peas, WG Roll Peach Cobbler, Cranberry Sauce</p> <p>Vegetarian Garden Patty W/ Gravy</p>	<p>15 BREAKFAST Yogurt, Graham Crackers, Bananas, Juice, Milk</p> <p>LUNCH – Taco Thursday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p>16 BREAKFAST Sausage Biscuit, Fruit, Juice, Milk</p> <p>LUNCH Hamburger on WG Bun Baked Tater Tots Lettuce/Tomato/Pickle cup Fresh Fruit Garden Burger</p>	<p>RETURNING STUDENTS Special Diet requests will only be processed with a current diet prescription form on file for the 2016 -17 School Year.</p>
<p>19 BREAKFAST Apple Cinnamon Muffin, fruit, Juice, Milk</p> <p>LUNCH Pulled Pork on Bun Baked Beans Chilled Coleslaw Chilled Sliced Pears</p> <p>Vegetarian Garden Burger</p>	<p>20 BREAKFAST Cereal Bar, Fruit, Juice, Milk</p> <p>Noon Dismissal Bag Lunch</p>	<p>December 21 – January 2</p>			<p>Classes Resume</p> <p>Wednesday January 4, 2017</p>

Menu is subject to change due to special events and availability of food items.

**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

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



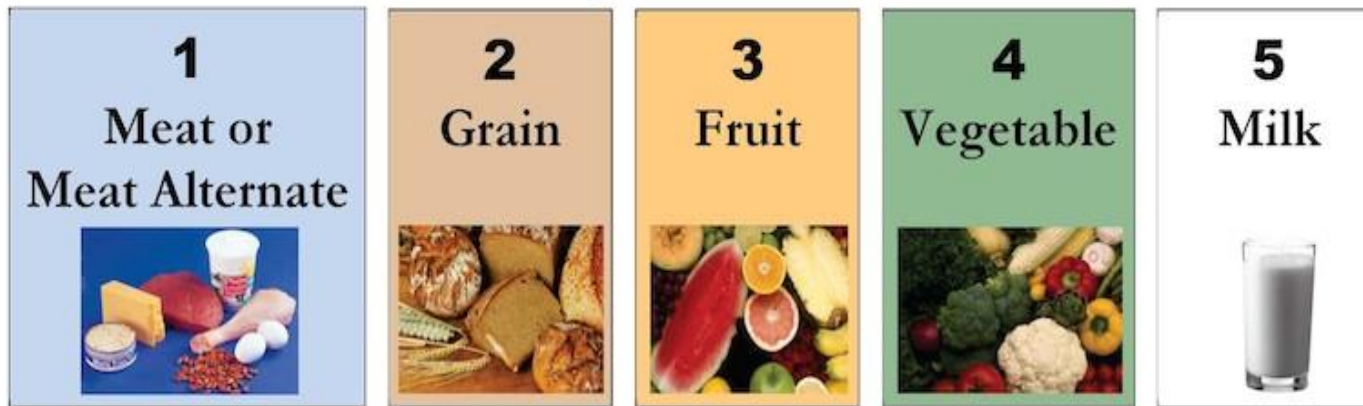
MILK



Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

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!**