










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 style="text-align: center;">December Meal prices</p> <p style="text-align: center;">Full Price</p> <table style="width: 100%; text-align: center;"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td>\$21.00</td> <td>\$38.50</td> </tr> </table> <p style="text-align: center;">*Reduced Price</p> <table style="width: 100%; text-align: center;"> <tr> <td>\$4.20</td> <td>\$5.60</td> </tr> </table>		Breakfast	Lunch	\$21.00	\$38.50	\$4.20	\$5.60	<p style="text-align: center;">Milk Available Daily with all meals</p>  <p style="text-align: center;">LowFat and Fat Free</p> <p style="text-align: center;">Unflavored Fat Free flavored</p>	<p>1 BREAKFAST Sausage English Muffin, Fruit, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Spaghetti Casserole Fresh Caesar Salad Chilled Fruit Cup, WG Roll</p> <p style="text-align: center;">✔ Spaghetti W/ Marinara Sauce</p>	<p>2 12/2 BREAKFAST Yogurt, Graham Crackers, Fruit, juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Ham & Cheese Sandwich Baby Carrots/Celery Sticks Fresh Fruit Ranch Dip</p> <p style="text-align: center;">✔ Veggie & Cheese Sandwich</p>	 <p>Our menu has changed, while our kitchen is under construction.</p>
Breakfast	Lunch										
\$21.00	\$38.50										
\$4.20	\$5.60										
<p>5 BREAKFAST Assorted Cereal, Fruit, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Turkey & Cheese Mini Sub Lettuce, Tomato, Pickle Fresh Fruit Baked Chips</p> <p style="text-align: center;">✔ Veggie Roll w/ Hummus</p>	<p>6 BREAKFAST Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Rotini Pasta Alfredo w/ Chicken Fresh Spinach w/ Cherry Tomatoes Fruit Cup, WG Roll</p> <p style="text-align: center;">✔ Rotini Pasta Alfredo</p>	<p>7 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Roast Beef Sandwich Shredded lettuce, Tomato, Pickles Fresh Fruit Teddy Grahams</p> <p style="text-align: center;">✔ Veggie & Cheese sandwich</p>	<p>8 BREAKFAST Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Chicken & Sausage Jambalaya Three Bean Salad Fruit Cup WG Roll</p> <p style="text-align: center;">✔ Vegetable Jambalaya</p>	<p>9 BREAKFAST Sausage Biscuit , Fruit, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Hamburger on Bun Lettuce, Tomato, Pickles Fresh fruit Gelatin Cup</p> <p style="text-align: center;">✔ Garden Burger</p>	 <p><i>USDA is an equal opportunity provider and employer.</i></p>						
<p>12 BREAKFAST Cereal, Graham Crackers, Orange Wedges, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Cold Cut Combo w/ Cheese Sub Shredded lettuce, Tomato, Pickles Fresh Fruit Baked Chips</p> <p style="text-align: center;">✔ Vegetable Sub</p>	<p>13 BREAKFAST Mini Pancakes, Apple Slices, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Mac & Cheese Casserole Caesar Salad Chilled Fruit Cup, WG Roll</p> <p style="text-align: center;">✔ Macaroni & Cheese</p>	<p>14 BREAKFAST Blueberry Muffin, Fruit Cup, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Ham & Cheese Sandwich Baby Carrots/Celery Sticks Fresh Fruit Ranch Dip</p> <p style="text-align: center;">✔ Veggie Sandwich w/ Cheese</p>	<p>15 BREAKFAST Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Breaded Chicken on Bun Lettuce/Tomato, Pickle Fresh Fruit Pudding Cup</p> <p style="text-align: center;">✔ Garden Burger</p>	<p>16 BREAKFAST Sausage Biscuit, Fruit, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Pepperoni Pizza Roll Baked Beans Spinach & Cranberry Salad Fresh Fruit, WG Roll</p> <p style="text-align: center;">✔ Cheese Pizza Roll</p>	<p>FOOD ALLERGIES</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 Breakfast Bar, Fruit, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Tuna Salad Strawberry Danimals Yogurt Baby Carrots & Celery Sticks WG Crackers</p> <p style="text-align: center;">✔ Hummus & Veggie Wrap</p>	<p>20 BREAKFAST Cereal, Graham Crackers, Fruit, Juice, Milk</p> <div style="text-align: center;">  <p>Noon Dismissal Bag Lunch</p> </div>	<div style="border: 1px solid black; padding: 10px;">  <p style="font-size: 2em; font-weight: bold;">December 21 – January 2</p>  </div>		<p>Classes Resume</p>  <p style="color: red; font-weight: bold; font-size: 1.2em;">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



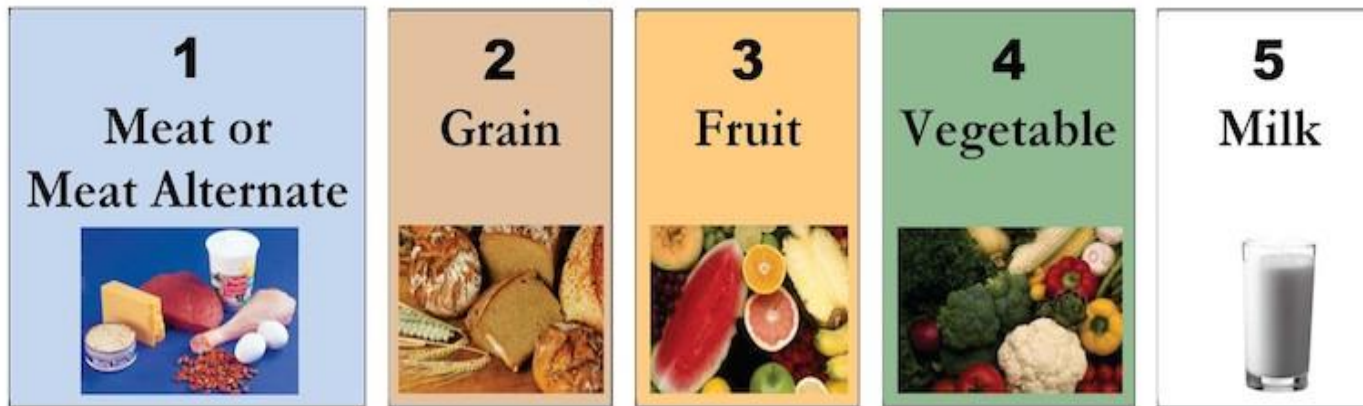
MILK



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!**