



Free & Reduced Price Meals Program  
**APPLY ONLINE TODAY!**

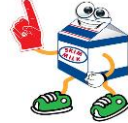








Mid-City, Olivier-Westbank

**Daily Meal Prices**

<b>BREAKFAST</b>	<b>LUNCH</b>
\$1.50	\$2.75
<b>Reduced Price</b>	
\$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><b>December Meal prices</b></p> <p><b>Full Price</b></p> <p><b>Breakfast      Lunch</b></p> <p><b>\$21.00          \$38.50</b></p> <p><b>*Reduced Price</b></p> <p><b>\$4.20            \$5.60</b></p>		<p><b>Milk Available Daily with all meals</b></p>  <p>Low-Fat and Fat Free Unflavored Fat Free flavored</p>	<p><b>1 BREAKFAST</b> Sausage English Muffin, Fruit, Juice, Milk</p> <p><b>LUNCH</b> Cold Cut Combo w/ Cheese Sub lettuce, Tomato, Pickles Fresh Fruit, Baked Chips</p> <p>✓ Vegetable &amp; Cheese Sub</p>	<p><b>2 BREAKFAST</b> Assorted Cereal, Fruit, juice, Milk</p> <p><b>LUNCH</b> Chicken Nuggets Scalloped Potatoes Fresh Garden Salad Sliced Peaches, WG Roll</p> <p>✓ Scalloped Potatoes</p>	
<p><b>5 BREAKFAST</b> Assorted Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b> Rotini Pasta Alfredo w/ Chicken Steamed Broccoli Fresh Spinach Salad &amp; Cranberry Mixed Fruit, WG Roll</p> <p>✓ Rotini Pasta Alfredo</p>	<p><b>6 BREAKFAST</b> Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p><b>LUNCH</b> Turkey &amp; Cheese Mini Sub Lettuce, Tomato, Pickle Fresh Fruit Baked Chips</p> <p>✓ Veggie Roll w/ Hummus</p>	<p><b>7 BREAKFAST</b> Breakfast Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b> Chicken &amp; Sausage Jambalaya Three Bean Salad Whole Kernel Corn Sliced Pears WG Roll</p> <p>✓ Vegetable Jambalaya</p>	<p><b>8 BREAKFAST</b> Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p><b>LUNCH</b> Roast Beef Sandwich Lettuce, Tomato, Pickle Cup Fresh Fruit Salad Goldfish Cheese Crackers</p> <p>✓ Veggie &amp; Cheese Sandwich</p>	<p><b>9 BREAKFAST</b> Sausage Biscuit, Fruit, Juice, Milk</p> <p><b>LUNCH</b> 🇺🇸 Sausage Pizza Corn on the Cob Fresh Fruit Pudding Cup</p> <p>✓ Cheese Pizza</p>	 <p><i>USDA is an equal opportunity provider and employer</i></p>
<p><b>12 BREAKFAST</b> Cereal, Graham Crackers, Orange Wedges, Juice, Milk</p> <p><b>LUNCH</b> Salisbury Steak Mashed Potatoes Steamed Broccoli Apple Sauce, WG Roll</p> <p>✓ Garden Patty w/ Gravy</p>	<p><b>13 BREAKFAST</b> Mini Pancakes, Apple Slices, Juice, Milk</p> <p><b>LUNCH</b> Cold Cut Combo w/ Cheese Sub Shredded lettuce, Tomato, Pickles Fresh Fruit Baked Chips</p> <p>✓ Vegetable Sub</p>	<p><b>14 BREAKFAST</b> Blueberry Muffin, Fruit Cup, Juice, Milk</p> <p><b>LUNCH</b> Turkey Roast w/ Gravy Cornbread Dressing Steamed Green Peas Baked Apples, WG Roll</p> <p>✓ Garden Patty W/ Gravy</p>	<p><b>15 BREAKFAST</b> Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p><b>LUNCH</b> Caesar Chicken Wrap Baby Carrots/Celery Sticks Fresh Fruit Salad Ranch Dressing, Pudding Cup</p> <p>✓ Hummus Veggie Wrap</p>	<p><b>16 BREAKFAST</b> Sausage Biscuit, Fruit, Juice, Milk</p> <p><b>LUNCH</b> Hamburger on WG Bun Baked Beans Lettuce/Tomato/Pickle cup Fresh Fruit</p> <p>✓ Garden Burger</p>	 <p><b>RETURNING STUDENTS</b> Special Diet requests will only be processed with a current diet prescription form on file for the 2016 -17 School Year.</p>
<p><b>19 BREAKFAST</b> Breakfast Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b> Pulled Pork on Bun Baked Beans Chilled Coleslaw Chilled Sliced Pears</p> <p>✓ Garden Burger</p>	<p><b>20 BREAKFAST</b> Cereal, Graham Crackers. Fruit, Juice, Milk</p>  <p><b>Noon Dismissal Bag Lunch</b></p>	 <p><b>December 21 – January 2</b></p>			<p><b>Classes Resume</b></p>  <p><b>Wednesday January 4, 2017</b></p>

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

**MY  
SCHOOL  
BUCKS**

[www.Myschoolbucks.com](http://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



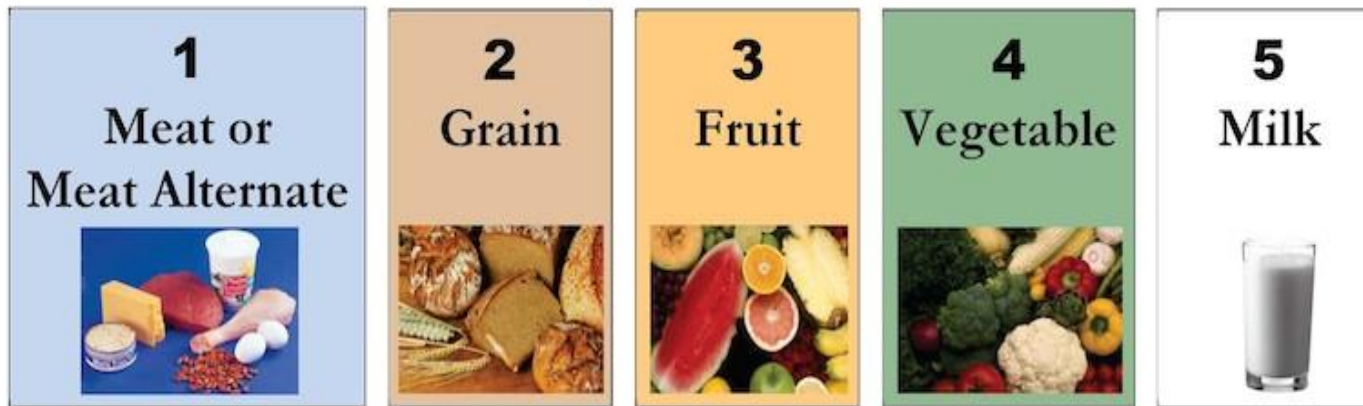
MILK



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!**