



Free & Reduced Price Meals Program
APPLY ONLINE TODAY!



2017
Camp St. - Uptown

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>February Meal Prices</p> <p>Breakfast Lunch Full Price \$25.50 \$46.75 Reduced Price \$5.10 \$6.80</p>	<p>Color Your Plate</p>	<p>1 BREAKFAST Assorted Cereal, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Sandwich Lettuce/Tomato/Pickle cup Fresh Fruit Chocolate Chip Cookie 🍃 Hearty Veggie Sandwich</p>	<p>2 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Chicken & Sausage Jambalaya Three Bean Salad Fruit Cup Soft WG Roll 🍃 Veggie Jambalaya</p>	<p>3 BREAKFAST Mini French Toast, Fruit, Juice, Milk</p> <p>LUNCH Cold Cut Combo Mini Sub Shredded lettuce/Tomato/Pickles Fresh Fruit Baked Chips 🍃 Hearty Veggie Mini Sub</p>	<p>Month of February Featuring</p>
<p>6 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Melt Fresh Garden Salad Fresh Fruit Chocolate Chip cookie 🍃 Three Cheese Melt</p>	<p>7 BREAKFAST Sausage Biscuit , Fruit, Juice, Milk</p> <p>LUNCH Macaroni & Cheese Casserole Fresh Cranberry Spinach Salad Garlic Bread, Fruit Cup 🍃 Macaroni & Cheese</p>	<p>8 BREAKFAST Cereal Bar, Fruit, Juice, Milk</p> <p>LUNCH Turkey Sandwich Celery Sticks & Baby Carrots Fresh Fruit Goldfish Cheese Crackers 🍃 Grilled Cheese Sandwich</p>	<p>9 BREAKFAST Mini Pancakes, Fruit, Juice, Milk</p> <p>LUNCH Chicken & Veggie Rice Fresh Garden Salad Fruit Cup WG Roll 🍃 Vegetable Rice Casserole</p>	<p>10 BREAKFAST Yogurt, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Pepperoni Pizza Rolls Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup 🍃 Cheese Pizza</p>	
<p>13</p> <p>LUNCH Roast Beef Sandwich Lettuce/tomato/Pickle Fresh Fruit Goldfish Cheese Crackers 🍃 Hummus/Veggie Wrap</p>	<p>14 BREAKFAST Yogurt, Graham Crackers, Juice, Milk</p> <p>LUNCH Chicken & Sausage Pastalaya Three Bean Salad Fruit Cup, WG Roll 🍃 Veggie Pastalaya</p>	<p>15 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Chicken Caesar Salad Assorted Yogurt Fresh Fruit WG Crackers 🍃 Hearty Garden Salad</p>	<p>16 BREAKFAST Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p>LUNCH Cheeseburger on WG Bun Shredded lettuce/Tomato/Pickle Cup Fresh Fruit 🍃 Garden Burger</p>	<p>17 BREAKFAST French Toast, Sausage, Fruit, Juice, Milk</p> <p>LUNCH Hot Dog on WG Bun Baked Beans Fresh Garden Salad Fresh Fruit 🍃 Garden Burger</p>	<p>What's on your plate?</p>
<p>20 BREAKFAST Sausage Biscuit , Fruit, Juice, Milk</p> <p>LUNCH Turkey Sandwich Shredded lettuce/Tomato/Pickles Fruit Cup Baked Chips 🍃 Hummus/Veggie Wrap</p>	<p>21 BREAKFAST Mini Pancakes, Fruit, Juice, Milk</p> <p>LUNCH Spaghetti Casserole Fresh Caesar Salad Fruit Cup Garlic Bread 🍃 Spaghetti & Marinara Sauce</p>	<p>22 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Wrap Fresh Broccoli & Carrots Ranch Dressing Fresh Fruit, Gelatin Cup 🍃 Three Cheese Wrap</p>	<p>23 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>½ school day Noon Dismissal</p>	<p>24 Students – No School</p>	
<p>27 Mardi Gras Break (School Closed) February 27 - March 3</p>		<p> Available Daily with all meals:</p> <p>Low-fat and Fat Free unflavored milk</p> <p>Fat Free flavored milk</p>			<p>USDA is an equal opportunity provider and employer.</p>

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

FOOD ALLERGIES

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 Soy Milk.

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



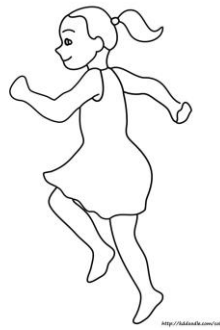
MILK



Fruits and Vegetables






MUST TAKE ½ CUP FRUIT OR VEGETABLE

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Offer versus Serve

The **5 Meal Components** for School Lunch

<p>1 Meat or Meat Alternate</p> 	<p>2 Grain</p> 	<p>3 Fruit</p> 	<p>4 Vegetable</p> 	<p>5 Milk</p> 
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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!**