



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



**2017**  
**Mid-City/Olivier-Westbank**

**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><b>February Meal Prices</b></p> <p><b>Breakfast Lunch</b>  <b>Full Price</b>            \$25.50 \$46.75  <b>Reduced Price</b>            \$5.10 \$6.80</p>	<p><b>Featuring: Salad Bar</b>  <b>Color Your Plate</b></p> 	<p><b>1 BREAKFAST</b>            Assorted Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Red Beans W/ Diced Ham            Steamed Brown Rice  <b>Salad Bar –Color Your Plate</b>            Chilled Applesauce, Cornbread            ✓ Red Beans</p>	<p><b>2 BREAKFAST</b>            Breakfast Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Ham &amp; Cheese Sandwich            Baby Carrots &amp; Celery Sticks            Chilled Pears            Chocolate Chip Cookie            ✓ Grilled Cheese Sandwich</p>	<p><b>3 BREAKFAST</b>            Mini French Toast, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Taco Salad            Refried Beans  <b>Salad Bar –Color Your Plate</b>            Fresh Fruit, Salsa            ✓ Vegetarian Taco Salad</p>	<p><b>Month of February</b>  <b>Featuring</b></p> <p><b>SALAD BAR</b></p> 
<p><b>6 BREAKFAST</b>            Blueberry Muffin, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Macaroni &amp; Cheese            Chicken Strips  <b>Salad Bar –Color Your Plate</b>            WG Roll, Sliced Peaches            ✓ Macaroni &amp; Cheese</p>	<p><b>7 BREAKFAST</b>            Sausage Biscuit , Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Hamburger on Bun            Baby Carrots &amp; Celery Sticks            Chilled pears            Pudding Cup            ✓ Garden Burger</p>	<p><b>8 BREAKFAST</b>            Cereal Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Salisbury Steak            Mashed Potatoes            Steamed Broccoli            Chilled Mixed Fruit, WG Roll            ✓ Garden Patty w/ Potatoes</p>	<p><b>9 BREAKFAST</b>            Mini Pancakes, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Turkey Sandwich  <b>Salad Bar –Color Your Plate</b>            Fresh Fruit            Goldfish Cheese Crackers            ✓ Grilled Cheese Sandwich</p>	<p><b>10 BREAKFAST</b>            Yogurt, Graham Crackers, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Pepporoni Pizza            Whole Kernel Corn            Fresh Romaine Lettuce Salad            Fresh Fruit, Pudding Cup            ✓ Cheese Pizza</p>	
<p><b>13</b></p> <p><b>LUNCH</b>            Chicken &amp; Gravy            Steamed Brown Rice            Steamed Carrots            Garden Salad, Mixed Fruit Cup            ✓ Rice-Vegetable Casserole</p>	<p><b>14 BREAKFAST</b>            Yogurt, Graham Crackers, Juice, Milk</p> <p><b>LUNCH</b>            Ham &amp; Cheese Melt  <b>Salad Bar –Color Your Plate</b>            Chilled Pears            Pudding Cup            ✓ Three Cheese Melt</p>	<p><b>15 BREAKFAST</b>            Breakfast Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Chicken &amp; Sausage Jambalaya            Steamed Whole Corn            Chilled Apple Sauce            Soft WG Roll            ✓ Veggie Jambalaya</p>	<p><b>16 BREAKFAST</b>            Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p><b>LUNCH</b>            Hot Dog on WG Bun            Baked Beans  <b>Salad Bar –Color Your Plate</b>            Fresh Fruit            ✓ Three Cheese Quesadilla</p>	<p><b>17 BREAKFAST</b>            French Toast, Sausage, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Taco Salad            Refried Beans  <b>Salad Bar –Color Your Plate</b>            Fresh Fruit, Salsa            ✓ Vegetarian Taco Salad</p>	<p><b>What's on your plate?</b></p> 
<p><b>20 BREAKFAST</b>            Sausage Biscuit , Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Pasta Alfredo w/ Chicken            Steamed Carrots            Chilled Apple Sauce            Soft WG Roll            ✓ Pasta Alfredo</p>	<p><b>21 BREAKFAST</b>            Mini Pancakes, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Cheeseburger on WG Bun            Baked Beans  <b>Salad Bar –Color Your Plate</b>            Fresh Fruit            ✓ Garden Burger</p>	<p><b>22 BREAKFAST</b>            Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Roasted Chicken, Mashed Potatoes  <b>Salad Bar –Color Your Plate</b>            Chilled Mixed Fruit            Soft WG Roll            ✓ Scalloped Potatoes</p>	<p><b>23 BREAKFAST</b>            Breakfast Bar, Fruit, Juice, Milk</p> <p><b>½ school day</b>  <b>Noon Dismissal</b></p> 	<p><b>24 Students – No School</b></p> 	
<p><b>27</b></p> <p><b>Mardi Gras Break (School Closed)</b>  <b>February 27 - March 3</b></p> 		<p></p> <p>Available Daily with all meals:</p> <p>Low-fat and Fat Free unflavored milk</p> <p>Fat Free flavored milk</p>			<p><b>USDA is an equal opportunity provider and employer.</b></p>

## 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

## 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



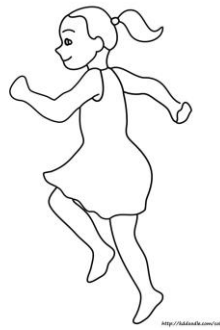
MILK



Fruits and Vegetables

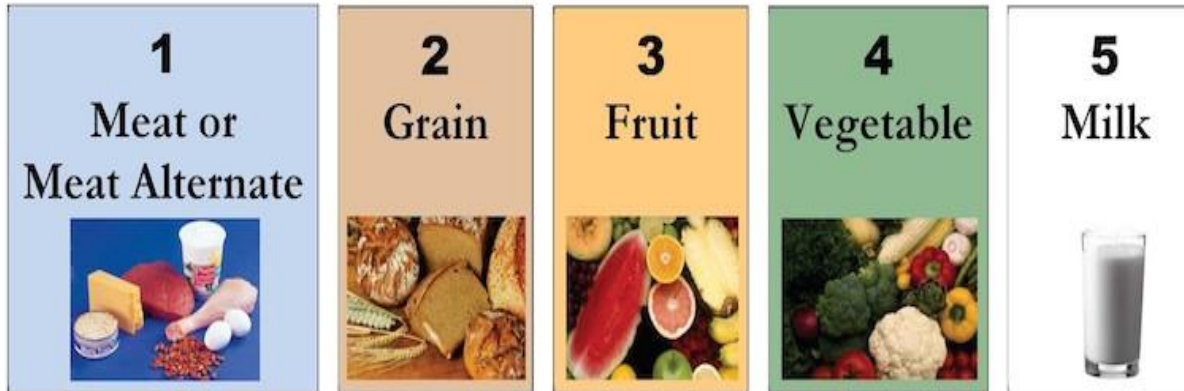
## MUST TAKE ½ CUP FRUIT OR VEGETABLE

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Offer versus Serve

## The **5 Meal Components** for School Lunch



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!**