



Free & Reduced Price Meals Program
APPLY ONLINE TODAY!

JANUARY

2017
Camp Street - 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>January Meal Prices</p> <table border="0"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td>Full Price</td> <td>Full Price</td> </tr> <tr> <td>\$28.50</td> <td>\$52.25</td> </tr> <tr> <td>Reduced Price</td> <td>Reduced Price</td> </tr> <tr> <td>\$5.70</td> <td>\$7.60</td> </tr> </table>	Breakfast	Lunch	Full Price	Full Price	\$28.50	\$52.25	Reduced Price	Reduced Price	\$5.70	\$7.60	<p>3 No School - Students</p> 	<p>4 BREAKFAST Toaster Pastry, Fruit, Juice, Milk</p> <p>LUNCH Chicken Salad Celery & Baby Carrots Fruit Cup WG Crackers  Three Cheese Wrap</p>	<p>5 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Sandwich Fresh Garden Salad Fruit Cup Baked Chips  Veggie/Hummus Wrap</p>	<p>6 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Milk</p> <p>LUNCH Hot dog on Bun Garden Salad w/ Grape tomatoes Fresh Fruit Teddy Grahams  Garden Burger</p>	 Available Daily with all meals: Low-fat and Fat Free unflavored milk Fat Free flavored milk
Breakfast	Lunch														
Full Price	Full Price														
\$28.50	\$52.25														
Reduced Price	Reduced Price														
\$5.70	\$7.60														
<p>9 BREAKFAST Assorted Cereal, Fruit, Juice, Milk</p> <p>LUNCH Turkey Sandwich Cheese Sticks Spinach/Cranberry Salad Fresh Fruit, Teddy Grahams</p> <p> Cheese & Veggie Mini Sub</p>	<p>10 BREAKFAST Toaster Pastry, Fruit, Juice, Milk</p> <p>LUNCH Cajun Chicken & Sausage Jambalaya Coleslaw, Fruit Cup WG Roll</p> <p> Vegetable Pasta Jambalaya</p>	<p>11 BREAKFAST Yogurt, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Cold Cut Trio Mini-Sub Shredded Lettuce/Tomato/Pickles Fresh Fruit Goldfish Cheese Crackers  Veggie Sandwich w/ Cheese</p>	<p>12 BREAKFAST Assorted Cereal, Fruit, Juice, Milk</p> <p>LUNCH Macaroni & Cheese Chef Side Salad Fruit Cup, WG Roll Gelatin Cup  Macaroni & Cheese</p>	<p>13 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Pepperoni Pizza Rolls Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup</p> <p> Cheese Pizza Roll</p>	<p>ISL Food Service</p> 										
<p>16 NO SCHOOL</p>  <p><i>The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.</i> ~ Martin Luther King, Jr.</p>	<p>17 BREAKFAST Yogurt, Graham Crackers, Juice, Milk</p> <p>LUNCH Pasta Alfredo Fresh Caesar Salad w/ Chicken Fruit Cup WG Roll  Pasta Alfredo</p>	<p>18 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Roast Beef Sandwich Shredded Lettuce/Tomato/Pickle Cup Fresh Fruit Baked Chips  Hummus & Veggie Wrap</p>	<p>19 BREAKFAST Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p>LUNCH – Taco Thursday Taco Salad Shredded lettuce/Cheese Cup Fresh Fruit, Salsa</p> <p> Taco Salad w/ Refried Beans</p>	<p>20 BREAKFAST French Toast, Sausage, Fruit, Juice, Milk</p> <p>LUNCH Chicken Sandwich Shredded lettuce/Pickle Cup Fresh Fruit Chocolate Chip Cookie  Garden Burger</p>	 <p>USDA is an equal opportunity provider and employer.</p>										
<p>23 BREAKFAST Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Mini-Sub Lettuce/tomato/Pickles Fresh Fruit</p> <p> Hearty Veggie Mini Sub</p>	<p>24 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk</p> <p>LUNCH Cajun Chicken Pasta Jambalaya Steamed Carrots Fresh Garden Salad Fruit Cup, WG Roll  Vegetable Pasta Jambalaya</p>	<p>25 BREAKFAST Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Turkey & Cheese Wrap Fresh Garden Salad Fresh Fruit Goldfish Cheese Crackers  Hummus & Veggie Wrap</p>	<p>26 BREAKFAST Breakfast Bar, Fruit, Juice, Milk</p> <p>LUNCH Corn Dog Garden Salad w/ Tomatoes Fresh Fruit Gelatin Cup  Three Cheese Quesadilla</p>	<p>27 BREAKFAST Yogurt, Graham Crackers, Fruit, Juice, Milk</p> <p>LUNCH Pepperoni Pizza Rolls Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup  Cheese Pizza</p>											
<p>30 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Milk</p> <p>LUNCH Cold Cut Trio Mini-Sub Shredded Lettuce/Tomato/Pickles Fresh Fruit Goldfish Cheese Crackers  Veggie Sandwich w/ Cheese</p>	<p>31 BREAKFAST Toaster Pastry, Fruit, Juice, Milk</p> <p>LUNCH Cheeseburger on WG Bun Shredded lettuce/Tomato/ Pickle Cup Fresh Fruit  Garden Burger</p>	<p>Milk Available Daily with all meals</p>  <p>Low-Fat and Fat Free Unflavored Fat Free Flavored</p>	 <p>Pay for meals anytime and anywhere</p> <p>www.myschoolbucks.com</p>	 <p>Our menu has changed while our kitchen is under construction</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



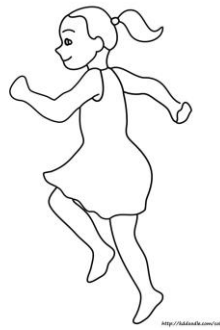
MILK



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

- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**