



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>January Meal Prices</b></p> <p><b>Breakfast Lunch</b>  <b>Full Price</b>  <b>\$28.50 \$52.25</b>  <b>Reduced Price</b>  <b>\$5.70 \$7.60</b></p>	<p>3  <b>No School - Students</b></p> 	<p>4  <b>BREAKFAST</b>            Assorted Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Chicken &amp; Gravy, Brown Rice            Steamed Broccoli            Fresh Garden Salad            Chilled Fruit Mix, WG Roll            (V) Broccoli, Cheese, Rice Casserole</p>	<p>5  <b>BREAKFAST</b>            Breakfast Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Ham &amp; Cheese Sandwich            Lettuce/Tomato/Pickle cup            Fresh Fruit            Chocolate Chip Cookie            (V) Grilled Cheese Sandwich</p>	<p>6  <b>BREAKFAST</b>            Mini French Toast, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Taco Salad            Refried Beans            Shredded lettuce/Cheese Cup            Fresh Fruit, Salsa            (V) Vegetarian Taco Salad</p>	
<p>9  <b>BREAKFAST</b>            Blueberry Muffin, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Macaroni &amp; Cheese            Chicken Strips            Fresh Cranberry Spinach Salad            WG Roll, Sliced Peaches            (V) Macaroni &amp; Cheese</p>	<p>10  <b>BREAKFAST</b>            Sausage Biscuit, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Cheeseburger on WG Bun            Baked Beans            Shredded lettuce/ Pickle Cup            Fresh Fruit            (V) Garden Burger</p>	<p>11  <b>BREAKFAST</b>            Cereal Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Chicken &amp; Sausage Gumbo            Potato Salad            Garden Salad            Apple Cobbler, WG Crackers            (V) Hearty Vegetable Soup</p>	<p>12  <b>BREAKFAST</b>            Mini Pancakes, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Turkey Sandwich            Celery Sticks &amp; Baby Carrots            Fresh Fruit            Goldfish Cheese Crackers            (V) Grilled Cheese Sandwich</p>	<p>13  <b>BREAKFAST</b>            Yogurt, Graham Crackers, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Pepperoni Pizza            Whole Kernel Corn            Fresh Romaine Lettuce Salad            Fresh Fruit, Pudding Cup            (V) Cheese Pizza</p>	<p>ISL Food Service</p> 
<p>16  <b>NO SCHOOL</b></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>  <small>~ Martin Luther King, Jr.</small></p>	<p>17  <b>BREAKFAST</b>            Yogurt, Graham Crackers, Juice, Milk</p> <p><b>LUNCH</b>            Ham &amp; Cheese Melt            Fresh Garden Salad            Fresh Fruit            Chocolate Chip cookie            (V) Three Cheese Melt</p>	<p>18  <b>BREAKFAST</b>            Breakfast Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Chicken &amp; Gravy            Steamed Brown Rice            Steamed Carrots            Fresh Garden Salad, Mixed Fruit Cup            (V) Rice-Vegetable Casserole</p>	<p>19  <b>BREAKFAST</b>            Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p><b>LUNCH</b>            Corn Dogs            Baked Beans            Fresh Garden Salad            Fresh Fruit            (V) Black Bean Quesadilla</p>	<p>20  <b>BREAKFAST</b>            French Toast, Sausage, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Taco Salad            Refried Beans            Shredded lettuce/Cheese Cup            Fresh Fruit, Salsa            (V) Vegetarian Taco Salad</p>	 <p>USDA is an equal opportunity provider and employer.</p>
<p>23  <b>BREAKFAST</b>            Sausage Biscuit, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Pasta Alfredo w/ Chicken            Steamed Carrots            Apple Sauce            Soft WG Roll            (V) Pasta Alfredo</p>	<p>24  <b>BREAKFAST</b>            Mini Pancakes, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Hamburger on WG Bun            Tater Tots            Shredded lettuce/ Pickle Cup            Fresh Fruit            (V) Garden Burger</p>	<p>25  <b>BREAKFAST</b>            Cereal, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Roasted Chicken            Rice-Vegetable Casserole            Candied Yams            Fruit Salad, WG Roll            (V) Rice-Vegetable Casserole</p>	<p>26  <b>BREAKFAST</b>            Breakfast Bar, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Grilled Cheese Sandwich            Celery Sticks/Baby Carrots            Ranch Dressing, Fresh Fruit            Pudding Cup            (V) Grilled Cheese Sandwich</p>	<p>27  <b>BREAKFAST</b>            Fresh Strawberries Parfait,            Granola Bar, Juice, Milk</p> <p><b>LUNCH</b>            Sausage Pizza            Steamed Whole Kernel Corn            Fresh Romaine Lettuce Salad            Fresh Fruit, Pudding Cup            (V) Cheese Pizza</p>	
<p>30  <b>BREAKFAST</b>            Blueberry Muffin, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Ham &amp; Cheese Sandwich            Lettuce/Tomato/Pickle cup            Fresh Fruit            Chocolate Chip Cookie            (V) Grilled Cheese Sandwich</p>	<p>31  <b>BREAKFAST</b>            Sausage English Muffin, Fruit, Juice, Milk</p> <p><b>LUNCH</b>            Cajun Pasta Jambalaya            Steamed Carrots            Coleslaw            Chilled Applesauce            WG Roll            (V) Vegetable Pasta Jambalaya</p>			<p>Milk Available Daily with all meals</p>  <p>Low-Fat and Fat Free Unflavored            Fat Free Flavored</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



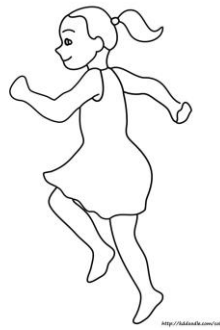
MILK



Fruits and Vegetables

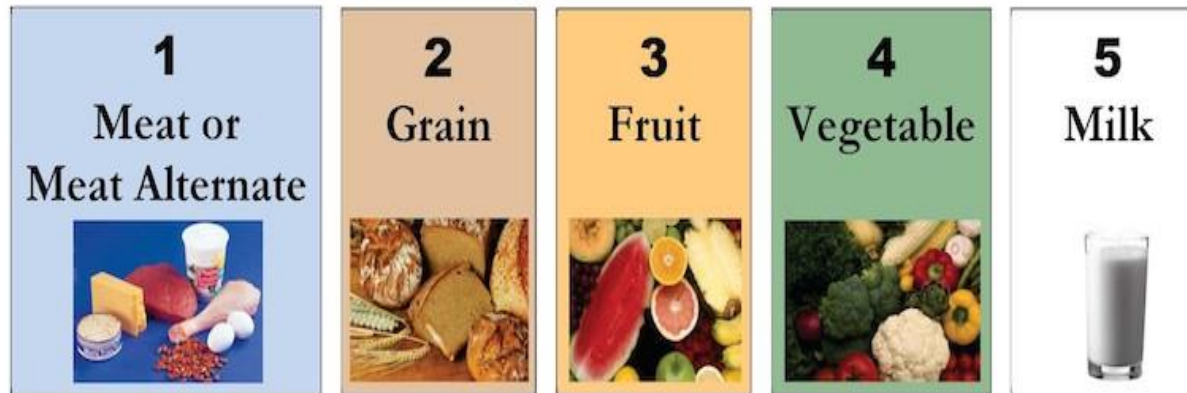
## MUST TAKE ½ CUP FRUIT OR VEGETABLE

*USDA is an equal opportunity provider and employer.*



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!**