



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



**2017 ~ Camp St. - Uptown / Mid-City**

**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 Federal Free/Reduced Meals Program are eligible for reduced price meals.

Monday	Tuesday	Wednesday	Thursday	Friday	FYI										
<b>1</b> <u><b>BREAKFAST</b></u> Assorted Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Turkey & Cheese Mini Sub Shredded lettuce, tomato, pickle Fruit Cup Teddy Grahams 🍃 Grilled Cheese Sandwich	<b>2</b> <u><b>BREAKFAST</b></u> Apple Cinnamon Muffin, Juice, Fruit, Milk  <u><b>LUNCH</b></u> Roast beef w/ Provolone Melt Shredded lettuce, tomato, pickle Fruit Cup Baked Chips 🍃 Garden Burger	<b>3</b> <u><b>BREAKFAST</b></u> Yogurt, Graham Crackers, Juice, Milk  <u><b>LUNCH</b></u> Chicken & Sausage Jambalaya Three Bean Salad Fruit Cup Wheat Roll 🍃 Vegetable Jambalaya	<b>4</b> <u><b>BREAKFAST</b></u> Apple Bar, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Ham & Cheese Sandwich Lettuce/Tomato/Pickle cup Fresh Fruit Chocolate Chip Cookie 🍃 Grilled Cheese Sandwich	<b>5</b> <u><b>BREAKFAST</b></u> Assorted Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Hamburger on Bun Shredded Lettuce, tomato, Pickle Fresh Garden Salad Fruit cup 🍃 Garden Burger	<u><b>MAY 2017 Meal Prices</b></u>  <table border="1"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td><b>Full Price</b></td> <td><b>Full Price</b></td> </tr> <tr> <td><b>\$33.00</b></td> <td><b>\$60.50</b></td> </tr> <tr> <td><b>Reduced Price</b></td> <td><b>Reduced Price</b></td> </tr> <tr> <td><b>\$6.60</b></td> <td><b>\$8.80</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Full Price</b>	<b>Full Price</b>	<b>\$33.00</b>	<b>\$60.50</b>	<b>Reduced Price</b>	<b>Reduced Price</b>	<b>\$6.60</b>	<b>\$8.80</b>
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<b>8</b> <u><b>BREAKFAST</b></u> Blueberry Muffin, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Turkey Sandwich Baby Carrots & Sunbutter cups Fresh Fruit Goldfish Cheese Crackers 🍃 Grilled Cheese Sandwich	<b>9</b> <u><b>BREAKFAST</b></u> Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Corn Dog Baked Beans Fresh Garden Salad Fruit Cup 🍃 Hummus & Veggie Wrap	<b>10</b> <u><b>BREAKFAST</b></u> Apple Bar, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Ham & Cheese Melt Fresh Garden Salad Fresh Fruit Chocolate Chip cookie 🍃 Garden Burger	<b>11</b> <u><b>BREAKFAST</b></u> Croissant, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Chicken & Veggie Rice Fresh Garden Salad Fruit Cup WG Roll 🍃 Vegetable Rice Casserole	<b>12</b> <u><b>BREAKFAST</b></u> Yogurt, Graham Crackers, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Pepperoni Pizza Pocket Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup 🍃 Cheese Pizza	  <b>Your Child's Meal Balance</b>										
<b>15</b> <u><b>BREAKFAST</b></u> Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Roast Beef Sandwich Lettuce/tomato/Pickle Fresh Fruit Goldfish Cheese Crackers 🍃 Hummus/Veggie Wrap	<b>16</b> <u><b>BREAKFAST</b></u> Yogurt, Graham Crackers, Juice, Milk  <u><b>LUNCH</b></u> Chicken & Sausage Pastalaya Three Bean Salad Fruit Cup, WG Roll 🍃 Veggie Pastalaya	<b>17</b> <u><b>BREAKFAST</b></u> Cereal Bar, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Hot dog on Bun Garden Salad w/ tomatoes Fruit Cup Pudding Cup 🍃 Hummus/Veggie Wrap	<b>18</b> <u><b>BREAKFAST</b></u> Apple Cinnamon Muffin, Juice, Fruit, Milk  <u><b>LUNCH</b></u> Cheeseburger on WG Bun Shredded lettuce/Tomato/Pickle Cup Fresh Fruit 🍃 Garden Burger	<b>19</b> <u><b>BREAKFAST</b></u> Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Deli Sandwich (Cold Cut combo) Shredded lettuce, tomato, pickle Fruit Cup Baked Chips 🍃 Grilled Cheese sandwich	<u><b>JUNE 2017 Meal Prices</b></u>  <table border="1"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td><b>Full Price</b></td> <td><b>Full Price</b></td> </tr> <tr> <td><b>\$3.00</b></td> <td><b>\$2.75</b></td> </tr> <tr> <td><b>Reduced Price</b></td> <td><b>Reduced Price</b></td> </tr> <tr> <td><b>\$0.60</b></td> <td><b>\$0.40</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Full Price</b>	<b>Full Price</b>	<b>\$3.00</b>	<b>\$2.75</b>	<b>Reduced Price</b>	<b>Reduced Price</b>	<b>\$0.60</b>	<b>\$0.40</b>
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<b>22</b> <u><b>BREAKFAST</b></u> Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Turkey Sandwich Baby Carrots & Ranch dressing Fruit Cup Baked Chips 🍃 Hummus/Veggie Wrap	<b>23</b> <u><b>BREAKFAST</b></u> Bagel, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Spaghetti Casserole Fresh Caesar Salad Fruit Cup Garlic Bread 🍃 Spaghetti & Marinara Sauce	<b>24</b> <u><b>BREAKFAST</b></u> Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Chicken Sandwich on WG Bun Shredded lettuce, tomato, pickle Fruit Cup Teddy Grahams 🍃 Garden Burger	<b>25</b> <u><b>BREAKFAST</b></u> Yogurt, Graham Crackers, Juice, Milk  <u><b>LUNCH</b></u> Chipotle Chicken Wrap Fresh Broccoli & Carrots Ranch Dressing Fresh Fruit, Gelatin Cup 🍃 Three Cheese Wrap	<b>26</b> <u><b>BREAKFAST</b></u> Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Pepperoni Pizza Pocket Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup 🍃 Cheese Pizza	  Available Daily with all meals:  Low-fat and Fat Free unflavored milk Fat Free flavored milk										
<b>29</b>   <b>NO SCHOOL</b>	<b>30</b> <u><b>BREAKFAST</b></u> Cereal, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Corn Dog Baked Beans Fresh Garden Salad Fruit Cup 🍃 Hummus & Veggie Wrap	<b>31</b> <u><b>BREAKFAST</b></u> Blueberry Muffin, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Roast Beef Sandwich Lettuce/tomato/Pickle Fresh Fruit Goldfish Cheese Crackers 🍃 Grilled Cheese Sandwich	<b>1</b> <u><b>BREAKFAST</b></u> Apple Bar, Fruit, Juice, Milk  <u><b>LUNCH</b></u> Pepperoni Pizza Pocket Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup 🍃 Cheese Pizza	<b>2</b> <u><b>BREAKFAST</b></u> Cereal, Fruit, Juice, Milk    <b>Have a Safe Summer!</b>	  <b>USDA is an equal opportunity provider and employer.</b>										

**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



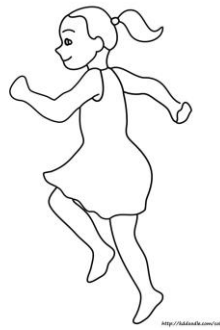
MILK



Fruits and Vegetables

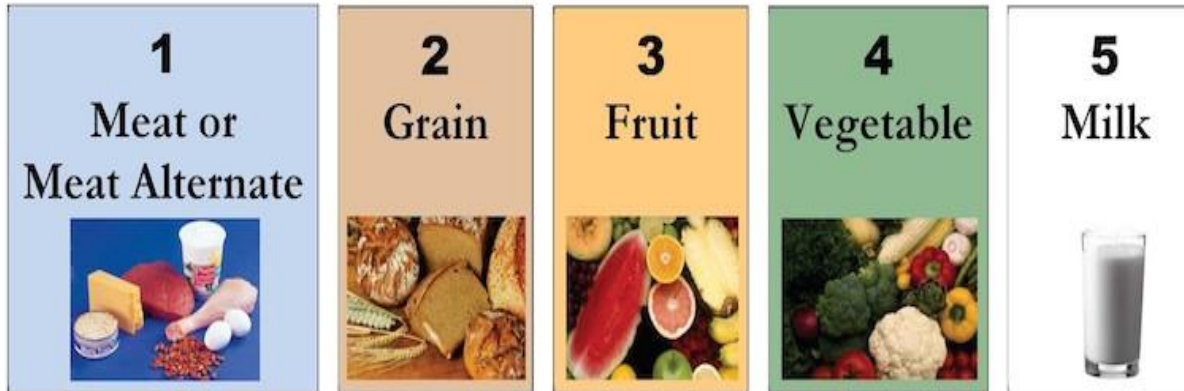
## MUST TAKE ½ CUP FRUIT OR VEGETABLE

*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!**