



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

# NOVEMBER

2016  
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><b>November Meal Prices</b></p> <table border="0"> <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>\$24.00</b></td> <td><b>\$44.00</b></td> </tr> <tr> <td><b>Reduced Price</b></td> <td><b>Reduced Price</b></td> </tr> <tr> <td><b>\$6.40</b></td> <td><b>\$4.80</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Full Price</b>	<b>Full Price</b>	<b>\$24.00</b>	<b>\$44.00</b>	<b>Reduced Price</b>	<b>Reduced Price</b>	<b>\$6.40</b>	<b>\$4.80</b>	<p><b>1</b> <u>BREAKFAST</u> Yogurt, Graham Crackers, Juice, Milk</p> <p><u>LUNCH</u> Pasta Salad w/ Diced Ham Spinach &amp; Cranberry Salad Fresh Fruit, WG Roll</p> <p>✓ Hearty Veggie Pasta Salad</p>	<p><b>2</b> <u>BREAKFAST</u> Apple Cinnamon Muffin, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Turkey &amp; Cheese Sandwich Baby Carrots &amp; Celery Sticks Ranch Dressing Fresh Fruit</p> <p>✓ Veggie &amp; Hummus Wrap</p>	<p><b>3</b> <u>BREAKFAST</u> Breakfast Bar, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Philly Cheese Steak Sub lettuce, Tomato, Pickles Fresh Fruit</p> <p>✓ Garden Burger</p>	<p><b>4</b> <u>BREAKFAST</u> Sliced Ham &amp; English Muffin, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Hot Dog on Bun Baked Beans Fresh Garden Salad Fresh Fruit</p> <p>✓ Three Cheese Quesadilla</p>	
<b>Breakfast</b>	<b>Lunch</b>														
<b>Full Price</b>	<b>Full Price</b>														
<b>\$24.00</b>	<b>\$44.00</b>														
<b>Reduced Price</b>	<b>Reduced Price</b>														
<b>\$6.40</b>	<b>\$4.80</b>														
<p><b>7</b> <u>BREAKFAST</u> Blueberry Muffin, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Tuna Salad Assorted Yogurt Baby Carrots &amp; Broccoli Fresh Fruit, WG Crackers</p> <p>✓ Veggie &amp; Hummus Wrap</p>	<p><b>8</b></p> <p><b>ELECTION 2016</b></p>	<p><b>9</b> <u>BREAKFAST</u> Cereal, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Cold Cut Combo Sandwich Shredded Lettuce, Tomato, Pickle Fresh Fruit Baked Chips</p> <p>✓ Veggie Sandwich w/ Cheese</p>	<p><b>10</b> <u>BREAKFAST</u> Cinnamon Raisin Bagel, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Macaroni &amp; Cheese w/ Chicken Fresh Garden Salad w/ Tomatoes Wheat Roll Fruit Cup</p> <p>✓ Macaroni &amp; Cheese</p>	<p><b>11</b> <u>BREAKFAST</u> Sausage Biscuit, Fruit, Juice, Milk</p> <p><u>LUNCH</u> 🇺🇸 Pepperoni Pizza Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup</p> <p>✓ Cheese Pizza</p>	<p>ISL Food Service</p>										
<p><b>14</b> <u>BREAKFAST</u> Breakfast Bar, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Ham &amp; Cheese Sandwich Lettuce, Tomato, Pickles Fresh Fruit Baked Chips</p> <p>✓ Veggie Roll w/ Hummus</p>	<p><b>15</b> <u>BREAKFAST</u> Mini Pancakes, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Corn Dogs Baked Beans, Garden Salad Fresh Fruit Teddy Grahams</p> <p>✓ Three Cheese Quesadillas</p>	<p><b>16</b> <u>BREAKFAST</u> Granola Bar, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Caesar Chicken Wrap Sliced Cucumbers/Tomatoes Fresh Fruit Teddy Grahams</p> <p>✓ Southwestern Veggie Wrap</p>	<p><b>17</b> <u>BREAKFAST</u> Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p><u>LUNCH</u> Mac &amp; Cheese w/ Diced ham Fresh Spinach Salad Fruit Cup, WG Roll</p> <p>✓ Macaroni &amp; Cheese</p>	<p><b>18</b> <u>BREAKFAST</u> Yogurt, Graham Crackers, fruit, Juice, Milk</p> <p><u>LUNCH</u> Hamburger on Bun Lettuce, Tomato, Pickles Fresh fruit Gelatin Cup</p> <p>✓ Garden Burger</p>	<p>USDA is an equal opportunity provider and employer.</p>										
<p><b>21</b></p> <p><b>School Closed</b></p>	<p><b>22</b></p> <p><b>School Closed</b></p>	<p><b>23</b> <b>24</b> <b>25</b></p> <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p><b>SCHOOL CLOSED</b></p> </div>			<p><b>NO SCHOOL</b></p> <p><b>MONDAY, 11/21 THRU FRIDAY, 11/25</b></p> <p><b>SCHOOL REOPENS MONDAY, 11/28</b></p>										
<p><b>28</b> <u>BREAKFAST</u> Blueberry Muffin, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Turkey &amp; Cheese Mini Sub Lettuce, Tomato, Pickle Fresh Fruit Baked Chips</p> <p>✓ Veggie Roll w/ Hummus</p>	<p><b>29</b> <u>BREAKFAST</u> Mini French Toast, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Vegetable Rice w/ Chicken Fresh Garden Salad Fruit Cup, WG Roll</p> <p>✓ Vegetable Rice Casserole</p>	<p><b>11/30</b> <u>BREAKFAST</u> Breakfast Bar, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Breaded Chicken on Bun Lettuce, Tomato, Pickles Fresh Fruit Pudding Cup</p> <p>✓ Garden Burger on Bun</p>	<p><b>12/1</b> <u>BREAKFAST</u> Sausage English Muffin, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Spaghetti Casserole Fresh Caesar Salad Chilled Fruit Cup, Wheat Roll</p> <p>✓ Spaghetti W/ Marinara Sauce</p>	<p><b>12/2</b> <u>BREAKFAST</u> Yogurt, Graham Crackers, Fruit, juice, Milk</p> <p><u>LUNCH</u> Ham &amp; Cheese Sandwich Baby Carrots/Celery Sticks Fresh Fruit Ranch Dip</p> <p>✓ Veggie Sandwich w/ Cheese</p>	<p>Our menu has changed, while our kitchen is under construction.</p>										

- 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

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



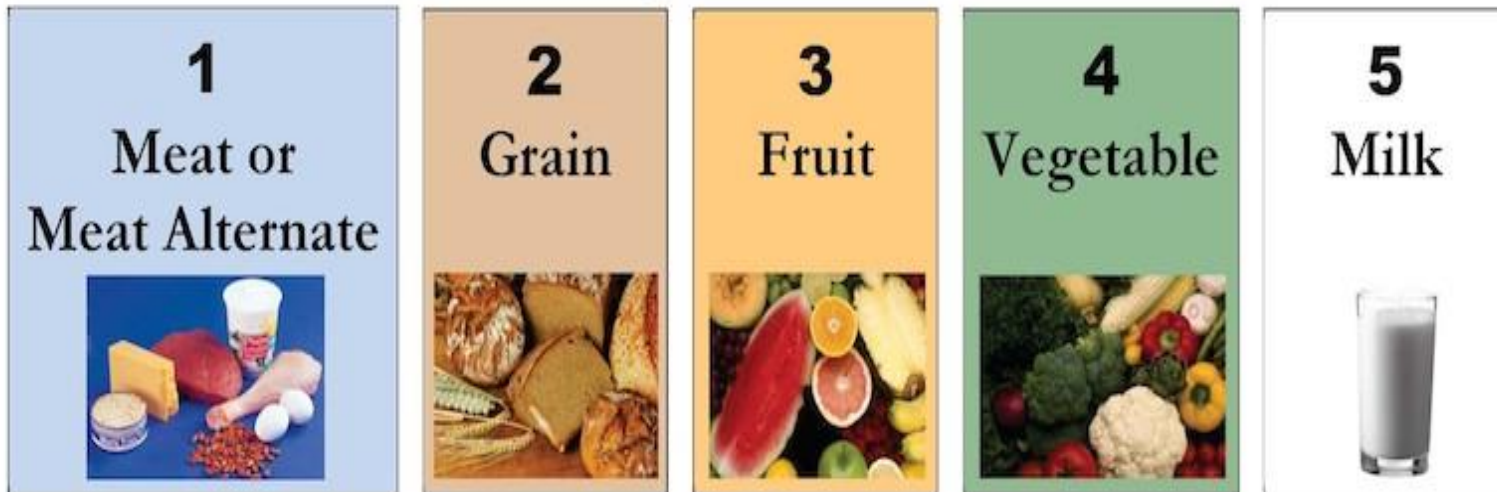
Fruits and Vegetables

## 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!**