



Free & Reduced Price Meals Program
APPLY ONLINE TODAY!



NOVEMBER
2016
Mid-City/Oliver-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>November Meal Prices</p> <p>Breakfast Lunch Full Price \$24.00 \$44.00 Reduced Price \$6.40 \$4.80</p>	<p>1 BREAKFAST Fruit & Yogurt Parfait, Graham Crackers, Juice, Milk</p> <p>LUNCH Shredded Barbecue Pork on Bun Cole Slaw Whole Kernel Corn Fresh Fruit Garden Burger</p>	<p>2 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice, Milk</p> <p>LUNCH Oven Roasted Chicken Mashed Potatoes Garden Salad w/ Grape Tomatoes Chilled Fruit Cup, WG Roll Scalloped Potatoes</p>	<p>3 BREAKFAST Assorted Cereal, Fruit, Juice, Milk</p> <p>LUNCH Philly Cheese Steak Sub lettuce, Tomato, Pickles Fresh Fruit Vegetable Sub</p>	<p>4 BREAKFAST Sliced Ham & English Muffin, Fruit, Juice, Milk</p> <p>LUNCH Hot Dog on Bun Baked Beans Fresh Garden Salad Fresh Fruit Three Cheese Quesadilla</p>	<p>Available Daily with all meals:</p> <p>Low-fat and Fat Free unflavored milk</p> <p>Fat Free flavored milk</p>
<p>7 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk</p> <p>LUNCH Red Beans w/ Diced Ham Steamed Brown Rice Fresh Cranberry Spinach Salad Corn Bread, Chilled Fruit Cup Navy Beans</p>	<p>8</p> <p>ELECTION 2016</p>	<p>9 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Sliced Turkey w/ Gravy Mashed Potatoes Steamed Green Peas Chilled Fruit, WG Roll Scalloped Potatoes</p>	<p>10 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice, Milk</p> <p>LUNCH Ham & Cheese Sandwich Lettuce, Tomato, Pickles Fresh Fruit Baked Chips Garden Burger</p>	<p>11 BREAKFAST Sausage Biscuit, Fruit, Juice, Milk</p> <p>LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup Cheese Pizza</p>	<p>ISL Food Service</p> <p>ECO FRIENDLY</p>
<p>14 BREAKFAST Cereal, Fruit, Juice, Milk</p> <p>LUNCH Meatloaf Mashed Potatoes Steamed Green Beans Chilled Fruit Cup, WG Roll Garden Patty w/ Gravy</p>	<p>15 BREAKFAST Pancakes, Sausage, Fruit, Juice, Milk</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p>16 BREAKFAST Peach Yogurt Parfait, Graham Crackers, Juice, Milk</p> <p>LUNCH Chicken & Sausage Gumbo Steamed Rice Potato Salad, Garden Salad Fresh Fruit, WG Crackers Hearty Vegetable Soup</p>	<p>17 BREAKFAST Apple Cinnamon Muffin, Juice, Fruit, Milk</p> <p>LUNCH Gourmet Chicken Salad Garden Side Salad Baby Carrots, Ranch Dip Fresh Fruit Hummus Veggie Wrap</p>	<p>18 BREAKFAST Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p>LUNCH Hamburger on Bun Tater Tots Lettuce, Tomato, Pickles Fresh fruit Garden Burger</p>	<p>AND JUSTICE FOR ALL</p> <p><i>USDA is an equal opportunity provider and employer.</i></p>
<p>21</p> <p>School Closed</p> <p>PROFESSIONAL DEVELOPMENT</p>	<p>22</p> <p>School Closed</p> <p>PROFESSIONAL DEVELOPMENT</p>	<p>Happy Thanksgiving</p> <p>SCHOOL CLOSED</p>			<p>NO SCHOOL</p> <p>MONDAY, 11/21 THRU FRIDAY, 11/25</p> <p>SCHOOL REOPENS MONDAY, 11/28</p>
<p>28 BREAKFAST Blueberry Muffin, Fruit, Juice, Milk</p> <p>LUNCH Barbecue Riblet Mashed Potatoes Steamed Mixed Vegetables Chilled Fruit Cup, WG Roll Scalloped Potatoes</p>	<p>29 BREAKFAST French Toast, Sausage, Fruit, Juice, Milk</p> <p>LUNCH Breaded Chicken on Bun Lettuce, Tomato, Pickles Fresh Fruit Pudding Cup Garden Burger on Bun</p>	<p>11/30 BREAKFAST Assorted Cereal, Fruit, Juice, Milk</p> <p>LUNCH Spaghetti Casserole Steamed Green Beans Fresh Caesar Salad Chilled Fruit Cup, Wheat Roll Spaghetti W/ Marinara Sauce</p>	<p>12/1 BREAKFAST Sausage English Muffin, Fruit, Juice, Milk</p> <p>LUNCH Cold Cut Combo w/ Cheese Sub lettuce, Tomato, Pickles Fresh Fruit, Baked Chips Vegetable Sub</p>	<p>12/2 BREAKFAST Assorted Cereal, Fruit, juice, Milk</p> <p>LUNCH Chicken Nuggets Scalloped Potatoes Fresh Garden Salad Chilled Fruit, WG Roll Scalloped Potatoes</p>	<p>ChooseMyPlate.gov</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

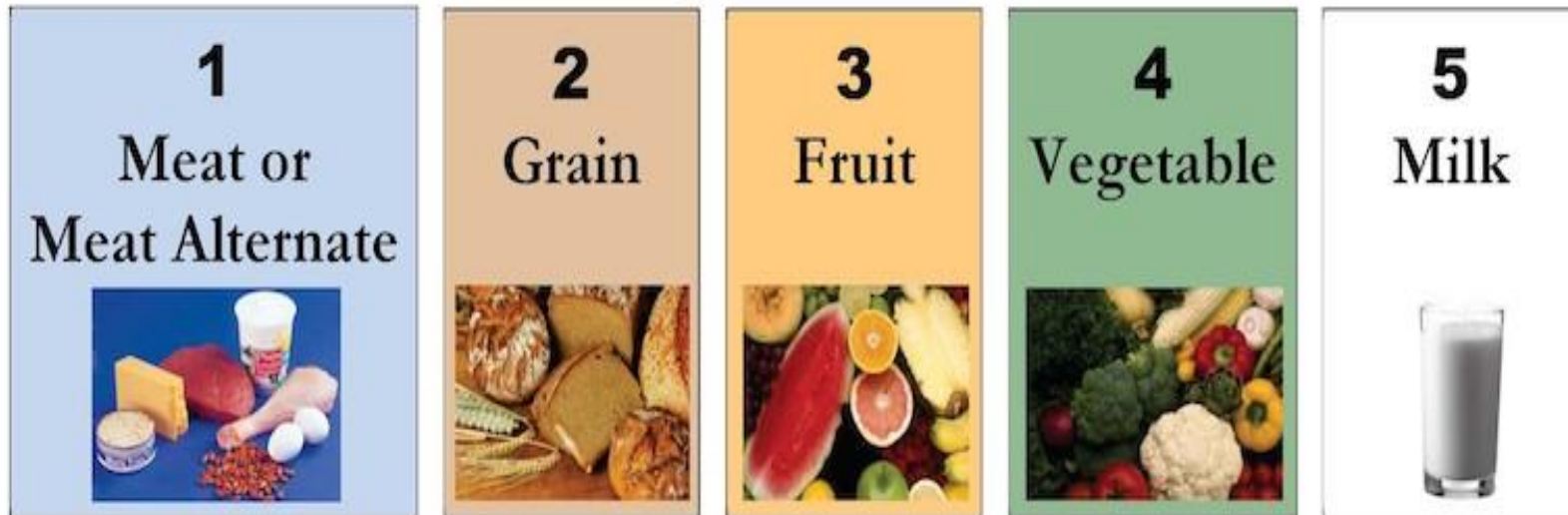


Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

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!**