



Free & Reduced Price Meals Program

**APPLY ONLINE TODAY!**



2017

**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>Student November Meal prices (Total Cost)</b></p> <p><b>Full Price</b></p> <table style="width: 100%;"> <tr> <td style="text-align: center;"><u>Breakfast</u></td> <td style="text-align: center;"><u>Lunch</u></td> </tr> <tr> <td style="text-align: center;">\$25.50</td> <td style="text-align: center;">\$46.75</td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>*Reduced Price</b></td> </tr> <tr> <td style="text-align: center;">\$5.10</td> <td style="text-align: center;">\$6.80</td> </tr> </table>		<u>Breakfast</u>	<u>Lunch</u>	\$25.50	\$46.75	<b>*Reduced Price</b>		\$5.10	\$6.80	<p><b>1</b> <u>BREAKFAST</u> Assorted Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Italian Baked Chicken Macaroni &amp; Cheese Caesar Salad, Sliced Pears Soft WG Roll</p> <p>✔ Macaroni &amp; Cheese</p>	<p><b>2</b> <u>BREAKFAST</u> Pancake on stick, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Red Beans w/ Ham Brown rice Cucumber &amp; Tomato Salad Chilled Sliced Peaches Cornbread</p> <p>✔ Red Beans &amp; Rice</p>	<p><b>3</b> <u>BREAKFAST</u> Oatmeal, Toast, Raisins, Juice</p> <p><u>LUNCH</u> Pepperoni Pizza Corn on Cob Fresh Garden Salad Fresh Fruit, Pudding Cup</p> <p>✔ Cheese Pizza</p>	<p><b>Tray-less Tuesday</b></p> <p><b>Eco Friendly Friday</b></p>
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<p><b>6</b> <u>BREAKFAST</u> French toast, Eggs, Fruit cup, Juice</p> <p><u>LUNCH</u> Rotini Pasta Alfredo w/ chicken Steamed Broccoli &amp; Carrots Chilled Mixed Fruit Garlic Breadstick</p> <p>✔ Rotini Pasta Alfredo</p>	<p><b>7</b> <u>BREAKFAST</u> English Muffin w/ Ham, Fruit, Juice</p> <p><u>LUNCH – Taco Tuesday</u> Crunchy Taco Refried Beans Shredded lettuce/Cheese Cup Fresh Grapes, Salsa</p> <p>✔ Vegetarian Taco</p>	<p><b>8</b> <u>BREAKFAST</u> Assorted Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Chicken &amp; Sausage Gumbo Steamed Brown Rice Potato Salad, Fresh Fruit Salad WG Crackers</p> <p>✔ Hearty Vegetable Soup</p>	<p><b>9</b> <u>BREAKFAST</u> Hashbrown, Sausage Toast, Fruit, Juice</p> <p><u>LUNCH</u> Spaghetti &amp; Meatsauce Seasoned Green Beans Sliced Peaches Soft WG Roll</p> <p>✔ Spaghetti &amp; Marinara Sauce</p>	<p><b>10</b> <u>BREAKFAST</u> Cheesy Grits, Toast, Sliced Ham, Fruit, Juice</p> <p><u>LUNCH – Let's Go GREEN</u> "Eco Friendly Friday" Ham &amp; Cheese Mini Sub Lettuce/tomatoes/pickles Fresh Fruit, Baked Chips</p> <p>✔ Garden Burger</p>	<p>Available Daily with all meals: Lowfat and Fat Free unflavored milk Fat Free unflavored milk</p>								
<p><b>13</b> <u>BREAKFAST</u> Assorted Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p><u>LUNCH</u> Red Beans w/ Ham Steamed Brown Rice Tomato &amp; Cucumber Salad Sliced Peaches, Corn Bread</p> <p>✔ Red Beans &amp; Rice</p>	<p><b>14</b> <u>BREAKFAST</u> Oatmeal, Cinnamon Raisin Toast, Fruit, Juice</p> <p><u>LUNCH – Tray-less Tuesday</u> <u>Let's Go GREEN</u> Grilled Cheese Sandwich Fresh Celery &amp; Carrots w/ Ranch Dip Bananas Teddy Graham Snacks</p> <p>✔ Grilled Cheese Sandwich</p>	<p><b>15</b> <u>BREAKFAST</u> Blueberry Muffin, Fruit Cup, Juice</p> <p><u>LUNCH</u> Roasted Turkey w/ Gravy Steamed Brown Rice, Green Peas Peach Cobbler Soft WG Roll Cranberry Sauce</p> <p>✔ Vegetable Rice Casserole</p>	<p><b>16</b> <u>BREAKFAST</u> Fruit &amp; Yogurt Parfait, Graham Crackers, Juice, Milk</p> <p><u>LUNCH</u> Glazed Ham Mac &amp; Cheese, Green Beans Sweet Potatoes, Chilled Pears Soft WG Roll</p> <p>✔ Macaroni &amp; Cheese</p>	<p><b>17</b> <u>BREAKFAST</u> Sausage Biscuit, Fruit, Juice uttered Grits, Ham, Fruit, Juice</p> <p><u>LUNCH</u> Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Chilled Grapes</p> <p>✔ Cheese Pizza</p>									
<p><b>20</b> <b>SCHOOL CLOSED</b> <b>Staff Professional Development</b></p>	<p><b>21</b></p>												
<p><b>27</b> <u>BREAKFAST</u> Cereal, fruit, Juice</p> <p><u>LUNCH</u> Jambalaya (Chicken &amp; Sausage) Seasoned Green Beans Spring Salad Chilled Sliced Pears WG Roll</p> <p>✔ Veggie Jambalaya</p>	<p><b>28</b> <u>BREAKFAST</u> French Toast, Eggs, Fruit, juice</p> <p><u>LUNCH – Taco Tuesday</u> Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa, Sour Cream</p> <p>✔ Vegetarian Taco Salad</p>	<p><b>29</b> <u>Breakfast</u> English Muffin &amp; Ham, Fruit, Juice</p> <p><u>LUNCH</u> Lemon Pepper Chicken Oodles of Noodles Pasta Salad Chilled Sliced Peaches WG Roll</p> <p>✔ Oodles of Noodles Pasta Salad</p>	<p><b>30</b> <u>BREAKFAST</u> Blueberry Muffin, Fruit, Juice</p> <p><u>LUNCH</u> Spaghetti Casserole Fresh Caesar Salad, Garlic Bread Stick Chilled Fresh Fruit Salad</p> <p>✔ Pasta w/ Marinara Sauce</p>	<p><b>12/1</b> <u>BREAKFAST</u> Hashbrown, Sausage, Toast, Fruit, Juice, Milk</p> <p><u>LUNCH – Let's Go GREEN</u> "Eco Friendly Friday" Hot Dog On Bun Tater Tots, Baked Beans Fresh Fruit, Graham Snack</p> <p>✔ Garden Burger</p>	<p><b>USDA is an equal opportunity provider and employer.</b></p>								

MY  
SCHOOL  
BUCKS

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- Pay for school meals anytime, anywhere from your computer or smartphone.
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- Check meal account balances
- View purchases
- Set up low balance email reminders

FOOD  
ALLERGIES

ALL STUDENTS

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

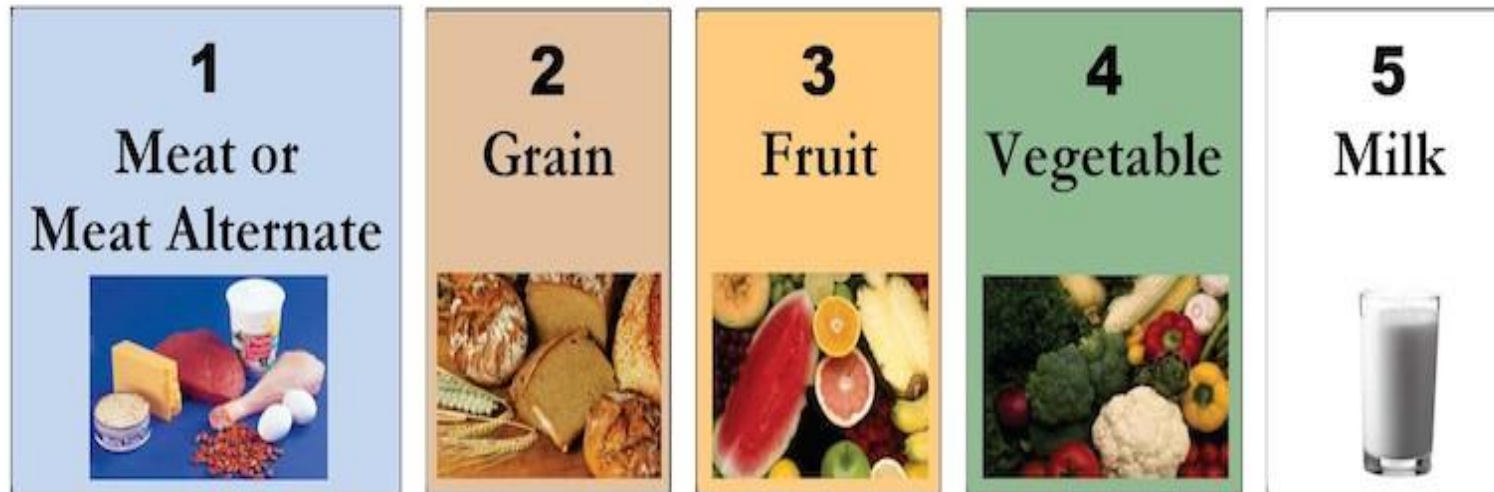


Fruits and Vegetables

## MUST TAKE ½ CUP FRUIT OR VEGETABLE

*USDA is an equal opportunity provider and employer.*

# 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!**