



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


# October 2016

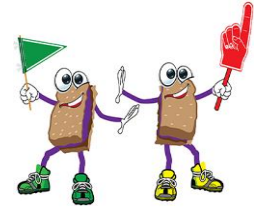
JP-Bunche



### 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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>FYI</b>
3 Cinnamon Raisin Bagel, Fruit, Juice, Milk  <b>LUNCH</b> Barbecue Pork Riblet Mashed Potatoes Steamed Green Beans, Chilled Grapes, WG Roll ✔ Rice Vegetable Casserole	<b>4BREAKFAST</b> Graham Crackers, Strawberry Danimals Yogurt, juice, Milk  <b>LUNCH</b> Tuna Salad Fresh Garden Salad Fresh Celery/Carrots, Fresh Fruit Pudding Cup, WG Crackers ✔ Hummus & Veggie Wrap	<b>5BREAKFAST</b> Breakfast Bar, Orange Wedges, Juice, Milk  <b>LUNCH</b> Pasta Alfredo W/ Chicken Strips Spinach & Cranberry Salad Chilled Fruit Mix, WG Roll ✔ Rotini Pasta Alfredo	<b>6 BREAKFAST</b> Blueberry Muffin, Fruit, Juice, Milk  <b>LUNCH</b> Hot Dog on Bun Baked Beans Fresh Garden Salad Fresh fruit ✔ Black Bean Quesadillas	<b>7 BREAKFAST</b> Maple Waffle, Orange we, Juice, Milk  <b>BREAKFAST for LUNCH</b> Cheesy Grits, Sausage Links Breakfast potatoes, Fruit Cup Graham Crackers ✔ Cheesy Grits	<b>TRAYLESS TUESDAY</b>  <b>ISL FOOD SERVICES</b>   Eco Friendly Food Containers
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	

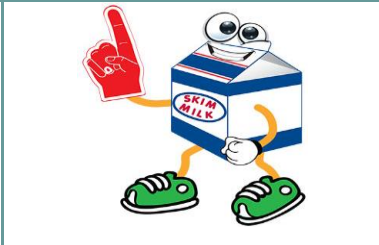


<b>17 BREAKFAST</b> Danimals strawberry Yogurt, Graham Crackers, Fruit, Juice, Milk  <b>LUNCH</b> Navy Beans w/ Diced Ham Steamed Brown Rice Fresh Spinach Salad Chilled Fruit Cup, Corn bread ✔ Navy Beans	<b>18 BREAKFAST</b> Mini Pancakes, Fruit, Juice, Milk  <b>LUNCH – Taco Tuesday</b> Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa ✔ Vegetarian Taco Salad	<b>19 BREAKFAST</b> Apple Cinnamon Muffin, Fruit Cup, Juice, Milk  <b>LUNCH</b> Hamburger on WG Bun Baked Beans Lettuce, Tomato, Pickle Slices Fresh fruit, Chilled Pudding Cup ✔ Garden Burger	<b>20 BREAKFAST</b> Graham Crackers, Yogurt, Apple Slices, Juice, Milk  <b>LUNCH</b> Chicken & Sausage Gumbo Steamed Rice Potato Salad, Garden Salad Chilled Fruit Cup, WG Crackers ✔ Vegetable Soup	<b>21 BREAKFAST</b> Breakfast Bar, Grapes, Juice, Milk  <b>LUNCH</b> Roast Beef Sandwich Lettuce, Tomato, Pickles Fresh Fruit Baked Chips ✔ Garden Veggie Sandwich	 <b>USDA is an equal opportunity provider and employer.</b>
<b>24 BREAKFAST</b> Granola Bar, Orange Wedges, Juice, Milk  <b>LUNCH</b> Tuna Salad w/Crackers Strawberry Danimals Yogurt Baby Carrots & Celery Sticks ✔ Hummus & Veggie Wrap	<b>25 BREAKFAST</b> Mini French Toast, Apple Sauce, juice, Milk  <b>LUNCH</b> Spaghetti Casserole Steamed Green Beans Fresh Garden Salad Chilled Fruit Cup, WG Roll ✔ Spaghetti w/ Marinara Sauce	<b>26 BREAKFAST</b> Cinnamon Raisin Bagel, Fruit, Juice, Milk  <b>LUNCH</b> Meatloaf Mashed Potatoes Steamed Green Beans Chilled Fruit Cup, WG Roll ✔ Vegetable Rice Casserole	<b>27 BREAKFAST</b> Blueberry Muffin, Fruit, Juice, Milk  <b>LUNCH</b> Chicken Nuggets Macaroni & Cheese Spring Salad Fresh fruit ✔ Macaroni & Cheese	<b>28 BREAKFAST</b> English Muffin w/ Sausage, Fruit, juice, Milk  <b>LUNCH</b> Sausage Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup ✔ Cheese Pizza	

**31** Apple Cinnamon Muffin, Fruit, Juice, Milk



**Bag Lunch**  
1/2 School Day



**Milk Available Daily with all meals**

LowFat and Fat Free  
Unflavored &  
Fat Free flavored

<b>October Meal prices Full Price</b>	
<b>Breakfast</b>	<b>Lunch</b>
<b>\$44.00</b>	<b>\$24.00</b>
<b>*Reduced Price</b>	
<b>\$6.40</b>	<b>\$4.80</b>

**FOOD ALLERGIES**  
**RETURNING STUDENTS**  
 Special Diet requests will only be processed with a current diet prescription form on file for the 2016 -17 School Year.



NATIONAL SCHOOL LUNCH WEEK  
OCTOBER 10-14, 2016

**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

# OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



MILK

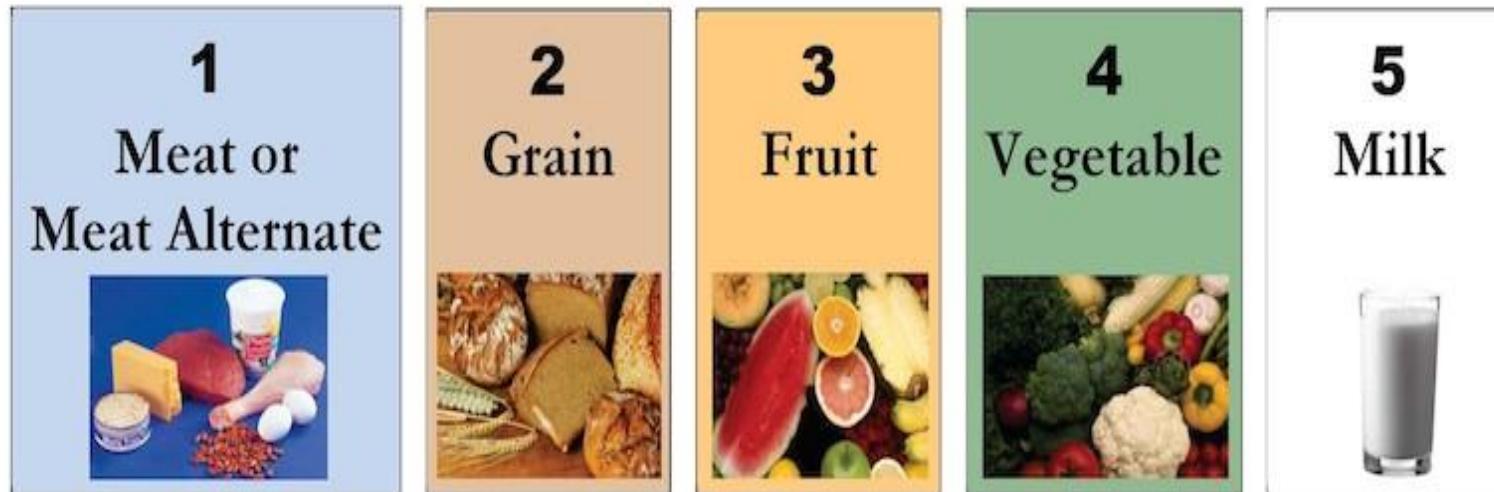


Fruits and Vegetables

**MUST TAKE ½ CUP FRUIT OR VEGETABLE**

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# 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!**