



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



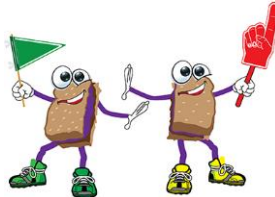





# October 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday	FYI										
<b>3</b> English Muffin w/Sausage, Fruit Juice, Milk <b>LUNCH</b> Beef Corndog Fresh Spring Salad w/ tomatoes Steamed Corn Fresh fruit 🍃 Black Bean Quesadillas	<b>4</b> <b>BREAKFAST</b> Breakfast Bar, Yogurt, Orange Wedges, Juice, Milk <b>LUNCH</b> Macaroni & Cheese w/ Diced Chicken Fresh Garden Salad w/ Tomatoes Chilled Fruit cup, Wheat Roll 🍃 Macaroni & Cheese	<b>5</b> Blueberry Muffin, Fruit, Juice, Milk <b>LUNCH</b> Italian mini Sub (Salami) Lettuce, Tomato, Pickles Fresh Fruit, Baked Chips 🍃 Garden Mini Sub	<b>6</b> <b>BREAKFAST</b> Cereal, Graham Crackers, Bananas, Juice, Milk <b>LUNCH</b> Hot dog on Bun Baked Beans, Fresh Fruit, Teddy Grahams 🍃 Supreme Garden Salad	<b>7</b> <b>BREAKFAST</b> Maple Waffle, Dried Cranberries, Juice, Milk <b>LUNCH</b> Chicken Salad w/ WG Crackers Danimals Yogurt, Fresh Fruit Fresh Spinach/Cranberry Salad 🍃 Hummus & Veggie wrap	 <p>Our menu has changed, while our kitchen is under construction.</p>										
<div style="border: 2px solid orange; padding: 10px;">  <h2 style="color: yellow;">Fall Break</h2> </div>															
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>											
<b>17</b> <b>BREAKFAST</b> Cereal, Graham Crackers, Orange Wedges, Juice, Milk <b>LUNCH</b> Cold Cut Combo w/ Cheese Sub Shredded lettuce, Tomato, Pickles Fresh Fruit Baked Chips 🍃 Vegetable Sub	<b>18</b> <b>BREAKFAST</b> Mini Pancakes, Apple Slices, Juice, Milk <b>LUNCH</b> Taco Salad Lettuce, Salsa, Cheese Cups Fresh Fruit 🍃 Refried Beans	<b>19</b> <b>BREAKFAST</b> Apple Cinnamon Muffin, Fruit Cup, Juice, Milk <b>LUNCH</b> Ham & Cheese Sandwich Baby Carrots & Celery Sticks Fresh Fruit Oatmeal Raisin Cookie 🍃 Garden Sandwich	<b>20</b> <b>BREAKFAST</b> Cereal, Graham Crackers, Bananas, Juice, Milk <b>LUNCH</b> Chicken & Sausage Jambalaya Three Bean Salad Chilled Fruit Cup, WG Roll 🍃 Hearty Vegetarian Jambalaya	<b>21</b> <b>BREAKFAST</b> Breakfast Bar, Grapes, Juice, Milk <b>LUNCH</b> Roast Beef Sandwich Lettuce, Tomato, Pickles Fresh Fruit Baked Chips 🍃 Garden Veggie Sandwich											
<b>24</b> <b>BREAKFAST</b> Cereal, Graham Crackers, Orange Wedges, Juice, Milk <b>LUNCH</b> Tuna Salad w/Crackers Strawberry Danimals Yogurt Baby Carrots & Celery Sticks 🍃 Hummus & Veggie Wrap	<b>25</b> <b>BREAKFAST</b> Mini French Toast, Apple Sauce, juice, Milk <b>LUNCH</b> Spaghetti Casserole (Ground Turkey) Fresh Cucumber/Tomato Salad Chilled Fruit Cup, WG Roll 🍃 Spaghetti Casserole (Veggie)	<b>26</b> <b>BREAKFAST</b> Cereal, Graham Crackers, Bananas, Juice, Milk <b>LUNCH</b> Turkey Sandwich Baby Carrots/Celery Sticks Ranch Dressing Fresh Fruit 🍃 Garden Sandwich	<b>27</b> <b>BREAKFAST</b> Blueberry Muffin, Fruit, Juice, Milk <b>LUNCH</b> Chicken Alfredo w/ Broccoli Fresh Caesar Salad Chilled Fruit Cup, Wheat Roll 🍃 Macaroni & Cheese	<b>28</b> <b>BREAKFAST</b> Sausage Biscuit, Raisins, Juice, Milk <b>LUNCH</b> Hamburger on Bun Lettuce, tomato, Pickle Cup Baked Beans, Fresh Fruit Fresh Fruit 🍃 Garden Burger	 <p>USDA is an equal opportunity provider and employer.</p>										
<b>31</b> <b>BREAKFAST</b> Cereal, , Fruit, Juice, Milk  <p>Noon Dismissal            Bag Lunch</p>		<p><b>Milk Available Daily with all meals</b></p> <p>LowFat and Fat Free Unflavored &amp; Fat Free flavored</p>	<div style="border: 1px dashed orange; padding: 10px;"> <p><b>October Meal prices</b></p> <table border="0"> <tr> <th colspan="2">Full Price</th> </tr> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td><b>\$44.00</b></td> <td><b>\$24.00</b></td> </tr> <tr> <th colspan="2">*Reduced Price</th> </tr> <tr> <td><b>\$6.40</b></td> <td><b>\$4.80</b></td> </tr> </table> </div>		Full Price		<b>Breakfast</b>	<b>Lunch</b>	<b>\$44.00</b>	<b>\$24.00</b>	*Reduced Price		<b>\$6.40</b>	<b>\$4.80</b>	 <p><b>RETURNING STUDENTS</b>            Special Diet requests will only be processed with a current diet prescription form on file for the 2016 -17 School Year.</p>
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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

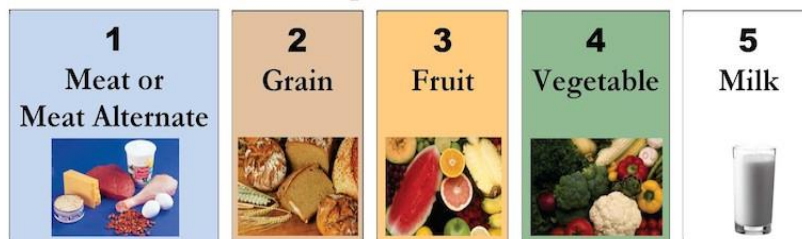


### MUST TAKE ½ CUP FRUIT OR VEGETABLE

*USDA is an equal opportunity provider and employer.*

Offer versus Serve

### The **5 Meal Components** for School Lunch



You choose **at least 3** including

- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**