



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



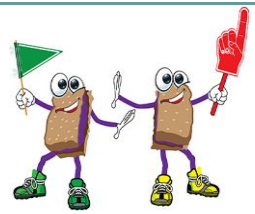




# October 2016

Mid-City, Olivier-Westbank

### 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.

Monday	Tuesday	Wednesday	Thursday	Friday	FYI								
<b>3</b> <b><u>BREAKFAST</u></b> French toast sticks, Sausage, Peaches, Juice, Milk <b><u>LUNCH</u></b> Barbecue Pork Riblet Mashed Potatoes Steamed Green Beans, Chilled Grapes, WG Roll 🌱 Rice Vegetable Casserole	<b>4</b> <b><u>BREAKFAST</u></b> Cereal, Graham Crackers, Applesauce, Juice, Milk <b><u>LUNCH</u></b> Tuna Salad Fresh Garden Salad Celery/ Baby Carrots, Fresh Fruit Pudding Cup, WG Crackers Ranch Dressing Cup 🌱 Hummus & Veggie Wrap	<b>5</b> <b><u>BREAKFAST</u></b> Breakfast Bar, Yogurt, Orange Wedges, Juice, Milk <b><u>LUNCH</u></b> Pasta Alfredo W/ Chicken Strips Steamed Green Beans Spinach & Cranberry Salad Chilled Fruit Mix, WG Roll 🌱 Rotini Pasta Alfredo	<b>6</b> <b><u>BREAKFAST</u></b> Cereal, Graham Crackers, Bananas, Juice, Milk <b><u>LUNCH</u></b> Hot Dog on Bun Steamed Green Beans Fresh Garden Salad Fresh fruit 🌱 Black Bean Quesadillas	<b>7</b> <b><u>BREAKFAST</u></b> Maple Waffle, Orange we, Juice, Milk <b><u>BREAKFAST for LUNCH</u></b> Cheesy Grits Baked Beans Sausage Links Breakfast potatoes, Baby Carrots Fruit Cup, Graham Crackers 🌱 Cheesy Grits	<b>TRAYLESS TUESDAY</b> <b>ISL FOOD SERVICES</b>  Eco Friendly Food Containers								
<div style="border: 2px solid orange; padding: 10px; margin: 10px auto; width: 80%;">  <h2 style="text-align: center; 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><u>BREAKFAST</u></b> Cereal, Graham Crackers, Fruit, Juice, Milk <b><u>LUNCH</u></b> Navy Beans w/ Diced Ham Steamed Brown Rice Fresh Spinach Salad Chilled Fruit Cup, Corn bread 🌱 Navy Beans	<b>18</b> <b><u>BREAKFAST</u></b> Mini Pancakes, Fruit, Juice, Milk <b><u>LUNCH - Taco Tuesday</u></b> Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa 🌱 Vegetarian Taco Salad	<b>19</b> <b><u>BREAKFAST</u></b> Apple Cinnamon Muffin, Fruit Cup, Juice, Milk <b><u>LUNCH</u></b> Hamburger on WG Bun Baked Beans Lettuce, Tomato, Pickle Slices Fresh fruit, Chilled Pudding Cup 🌱 Garden Burger	<b>20</b> <b><u>BREAKFAST</u></b> Cereal, Graham Crackers, Bananas, Juice, Milk <b><u>LUNCH</u></b> Chicken Quesadilla Fresh Garden Salad Fresh Fruit 🌱 Three Cheese Quesadillas	<b>21</b> <b><u>BREAKFAST</u></b> Breakfast Bar, Grapes, Juice, Milk <b><u>LUNCH</u></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</b> <b><u>BREAKFAST</u></b> Graham Crackers, Yogurt, Apple Slices, Juice, Milk <b><u>LUNCH</u></b> Chicken & Sausage Gumbo Steamed Rice Potato Salad, Garden Salad Chilled Fruit Cup, WG Crackers 🌱 Vegetable Soup	<b>25</b> <b><u>BREAKFAST</u></b> Mini French Toast, Apple Sauce, juice, Milk <b><u>LUNCH</u></b> Mini Corn Dogs Baked Beans Fresh Garden Salad Fresh Fruit 🌱 Black Bean Quesadillas	<b>26</b> <b><u>BREAKFAST</u></b> Raisin Cinnamon Bagel, Fruit, Juice, Milk <b><u>LUNCH</u></b> Meatloaf, Mashed Potatoes Steamed Green Beans Chilled Fruit Cup, WG Roll 🌱 Vegetable Rice Casserole	<b>27</b> <b><u>BREAKFAST</u></b> Cereal, Graham Crackers, Bananas, Juice, Milk <b><u>LUNCH</u></b> Ham & Cheese Mini Sub Lettuce, Tomato, Pickle Fresh Fruit Baked Chips 🌱 Vegetable Rice Casserole	<b>28</b> <b><u>BREAKFAST</u></b> Sausage Biscuit, Fruit, juice, Milk <b><u>LUNCH</u></b> Sausage Pizza Steamed Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit, Pudding Cup 🌱 Cheese Pizza									
<b>31</b> Cereal, Bananas, Juice, Milk  <b>Bag Lunch</b> <b>1/2 School Day</b>		<b>Milk Available Daily with all meals</b> LowFat and Fat Free Unflavored & Fat Free flavored	<b>October Meal prices Full Price</b> <table border="0"> <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> <td colspan="2" style="text-align: center;"><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>\$44.00</b>	<b>\$24.00</b>	<b>*Reduced Price</b>		<b>\$6.40</b>	<b>\$4.80</b>	<b>FOOD ALLERGIES</b> <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.
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NATIONAL SCHOOL LUNCH WEEK  
OCTOBER 10-14, 2016

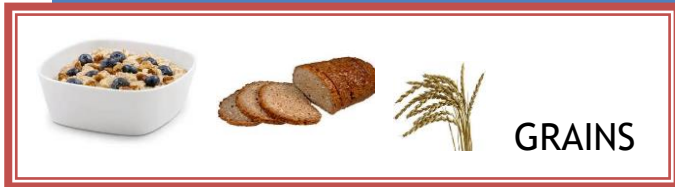
**MY  
SCHOOL  
BUCKS**

[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)

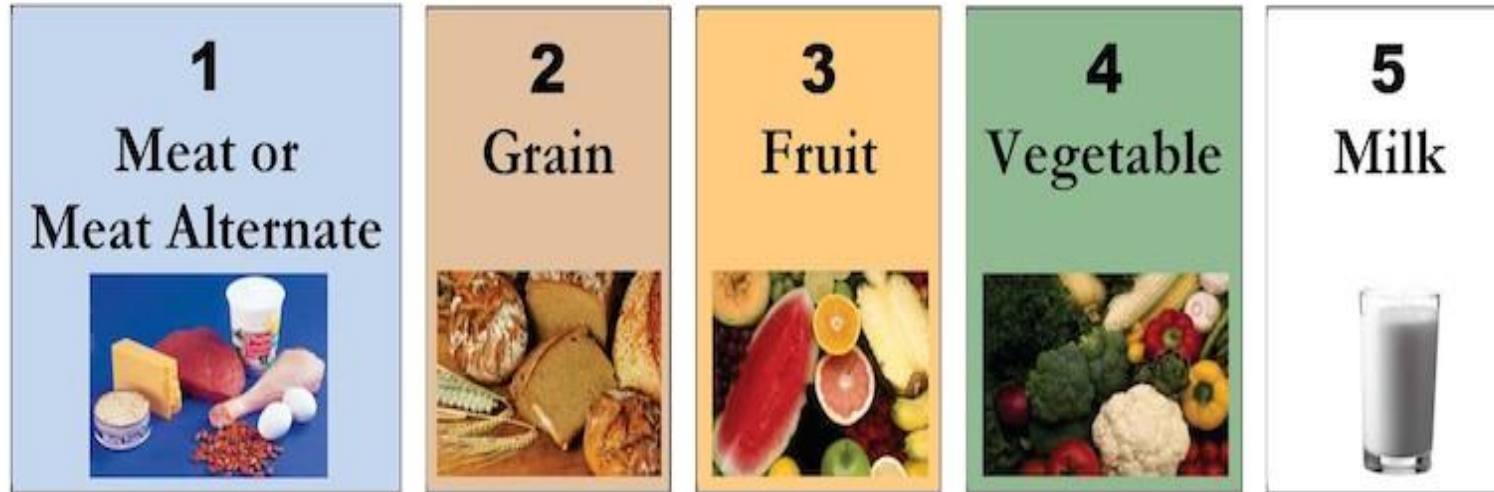
CHOOSE AT LEAST 3 ITEMS



**MUST TAKE ½ CUP FRUIT OR VEGETABLE**

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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!**