



Free & Reduced Price Meals Program
APPLY ONLINE TODAY!



Daily Meal Prices

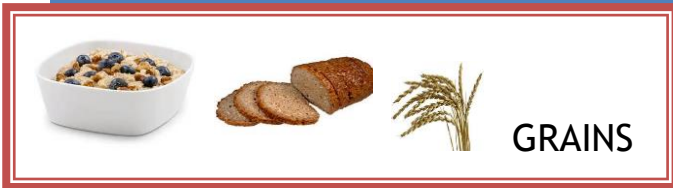
BREAKFAST	LUNCH
\$1.50	\$2.75
Reduced Price	
\$0.30	\$0.40

*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>2 BREAKFAST Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Chic Rotini Pasta w/ Broccoli Caesar Salad Chilled Sliced Pears WG Roll ✔ Rotini Pasta w/ Broccoli</p>	<p>3 BREAKFAST Biscuit, Sausage, Fruit, Juice</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa ✔ Vegetarian Taco Salad</p>	<p>4 BREAKFAST Fruit & Yogurt Parfait, Graham Crackers, Juice</p> <p>BREAKFAST for LUNCH Southern Grits Refried Beans Sausage Links Breakfast potatoes, Sliced Peaches Graham Crackers ✔ Southern Grits w/ Cheese</p>	<p>5 BREAKFAST French Toast, Eggs, Fruit, Juice</p> <p>LUNCH Beef-A-Roni Steamed Green Peas Chilled Applesauce Garlic Toast ✔ Macaroni & Marinara</p>	<p>6 BREAKFAST Hashbrown, Sausage, Toast, Fruit, Juice</p> <p>LUNCH Hamburger on Bun Baked Sweet Potato Fries Lettuce, Tomato, Pickle Cup Fresh Fruit ✔ Garden Burger</p>	<p>FYI 2016-17 SCHOOL YEAR MEAL BENEFITS EXPIRED September 26, 2017</p> <p>SUBMIT YOUR 2017-18 APPLICATION TODAY!</p>												
<div data-bbox="241 641 1627 836" data-label="Image"> </div>					<div data-bbox="1837 617 2026 795" data-label="Image"> </div> <p>SWEET POTATOES Taste Test – 10/28/2017</p>												
<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>													
<p>16 BREAKFAST English Muffin, Sausage, Fruit, Juice</p> <p>LUNCH Red Beans w/ Ham & Sausage Steamed Brown Rice Fresh Spinach and Cranberry Salad Chilled Mixed Fruit, Corn bread ✔ Navy Beans</p>	<p>17 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Ham & Cheese Mini Sub Shredded Lettuce/tomato/Pickle Cup Fresh Fruit Baked Chips ✔ Garden Burger</p>	<p>18 BREAKFAST Apple Cinnamon Muffin, Fruit Cup, Juice</p> <p>LUNCH Roasted Chicken Seasoned Yellow Rice Sweet Potatoes Sliced Pears, WG Roll ✔ Yellow Rice w/ Black Beans</p>	<p>19 BREAKFAST Ham & Cheese Toast, Fruit, Juice</p> <p>LUNCH Salisbury Steak Mashed Potatoes Steamed Mixed Veggies Chilled Applesauce, WG Roll ✔ Potato w/ Broccoli & Cheese</p>	<p>20 BREAKFAST Oatmeal, Cinnamon Raisin Toast, Fruit, Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Grapes, Teddy Grahams ✔ Cheese Pizza</p>	<div data-bbox="1816 868 2047 1079" data-label="Image"> </div>												
<p>23 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Chicken & Sausage Gumbo Steamed Rice Potato Salad Melon Cubes, WG Crackers ✔ Vegetable Soup</p>	<p>24 BREAKFAST Biscuit, Sausage, Fruit, Juice</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa ✔ Vegetarian Taco Salad</p>	<p>25 BREAKFAST Raisin Cinnamon Bagel, Fruit, Juice</p> <p>LUNCH Loaded Baked Potato (Chicken) Steamed Broccoli, Side Salad Chilled Sliced Peaches WG Crackers ✔ Veggie Delight Baked Potato</p>	<p>26 BREAKFAST Waffle Sticks, Sausage, Fruit, Juice</p> <p>LUNCH Spaghetti & Meatsauce Fresh Caesar Salad Chilled Applesauce, Garlic Toast ✔ Spaghetti & Marinara Sauce</p>	<p>27 BREAKFAST Cheesy Grits, Sliced Ham, Fruit, Juice</p> <p>LUNCH Hamburger on Bun Baked Crinkle Fries Lettuce, tomato, pickle cup Fresh Fruit ✔ Garden Burger</p>	<div data-bbox="1806 1096 1900 1177" data-label="Image"> </div> <p>Available Daily with all meals:</p> <p>Lowfat and Fat Free unflavored milk</p> <p>Fat Free unflavored milk</p>												
<p>30 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Chili Con Carne with Beans Loaded Baked Potato Chilled Mixed Fruit WG Crackers ✔ Vegetable Chili</p>	<p>31 BREAKFAST Apple Cinnamon Muffin, Fruit Cup, Juice</p> <div data-bbox="441 1421 535 1518" data-label="Image"> </div> <p>Bag Lunch 1/2 School Day</p>	<p>11/1 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Italian Baked Chicken Broccoli & Cheese Rice Caesar Salad, Sliced Pears WG Roll ✔ Broccoli & Cheese Rice</p>	<div data-bbox="1165 1356 1711 1567" data-label="Table"> <table border="1"> <thead> <tr> <th colspan="2">October Meal prices (Total Cost)</th> </tr> <tr> <th colspan="2">Full Price</th> </tr> <tr> <th>Breakfast</th> <th>Lunch</th> </tr> </thead> <tbody> <tr> <td>\$25.50</td> <td>\$46.75</td> </tr> <tr> <th colspan="2">*Reduced Price</th> </tr> <tr> <td>\$6.80</td> <td>\$5.10</td> </tr> </tbody> </table> </div>		October Meal prices (Total Cost)		Full Price		Breakfast	Lunch	\$25.50	\$46.75	*Reduced Price		\$6.80	\$5.10	<div data-bbox="1879 1339 1984 1437" data-label="Image"> </div> <p>USDA is an equal opportunity provider and employer.</p>
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OFFER VS. SERVE (BREAKFAST)

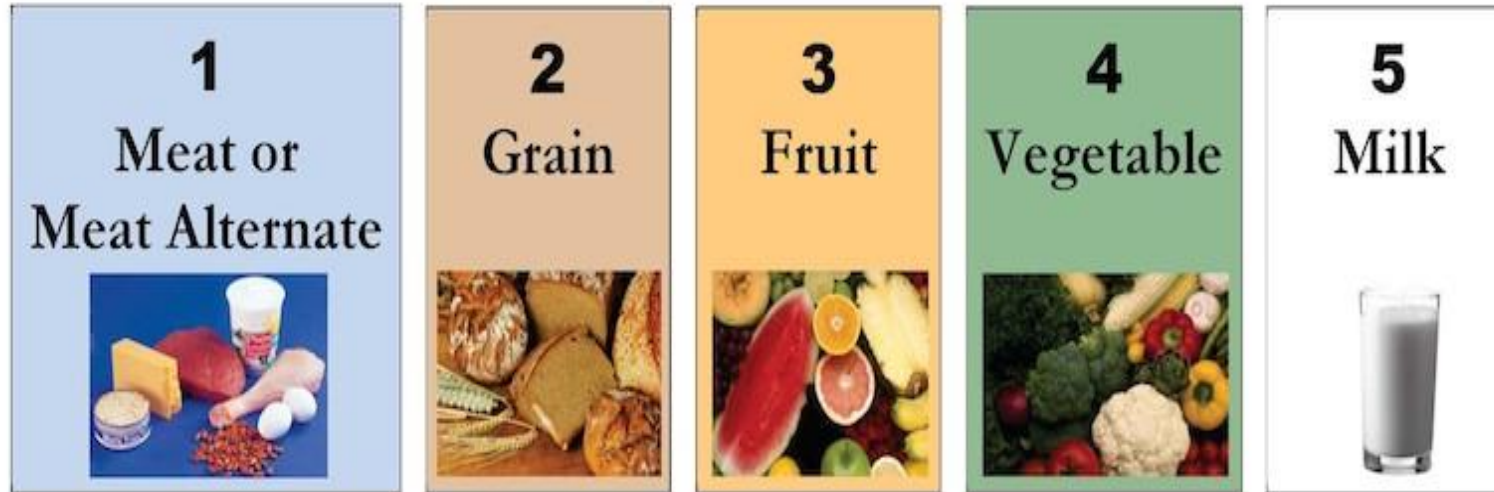
CHOOSE AT LEAST 3 ITEMS



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!**