



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



**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
<p><b>FOOD ALLERGIES</b></p> <p>RETURNING STUDENTS            Special Diet requests will only be processed with a current diet prescription form on file for the 2016 -17 School Year.</p>	<p>September Meal prices            Full Price  <b>Breakfast</b>                      <b>Lunch</b>  <b>\$55.00</b>                              <b>\$30.00</b>            *Reduced Price  <b>\$8.00</b>                                <b>\$6.00</b></p>		<p><b>1 BREAKFAST</b>            Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p><b>LUNCH</b>            Italian mini Sub            Lettuce, Tomato, Red Onion            Pickle Slices            Fresh Fruit, Baked Chips            🍃 Garden Mini Sub</p>	<p><b>2 BREAKFAST</b>            Maple Waffle, Dried Cranberries, Juice, Milk</p> <p><b>LUNCH</b>            Chicken Quesadilla            Fresh Garden Salad            Fresh Fruit            🍃 Three Cheese Quesadillas</p>	<p><b>FYI</b></p> <p>Choose <b>MyPlate.gov</b></p>
<p><b>5 LABOR DAY SCHOOL CLOSED</b></p>	<p><b>6 BREAKFAST</b>            Cereal, Graham Crackers, Applesauce, juice, Milk</p> <p><b>LUNCH</b>            Tuna Salad            Fresh Garden Salad            Fresh Celery/Carrots, Fresh Fruit            WG Crackers, Gelatin Cup            🍃 Hummus &amp; Veggie Wrap</p>	<p><b>7 BREAKFAST</b>            Breakfast Bar, Yogurt, Orange Wedges, Juice, Milk</p> <p><b>LUNCH</b>            Chilled Pasta Salad w/ Diced Ham            Spinach &amp; Cranberry Salad            Fresh Fruit            Whole Grain Crackers            🍃 Hummus &amp; Veggie Wrap</p>	<p><b>8 BREAKFAST</b>            Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p><b>LUNCH</b>            Hot Dog on Bun            Baked Beans            Garden Salad            Fresh fruit            🍃 Black Bean Quesadillas</p>	<p><b>9 BREAKFAST</b>            Sausage Biscuit, Apple Slices, Juice, Milk</p> <p><b>LUNCH</b>            Grilled Chicken Pita Pocket            Grape Tomatoes &amp; Broccoli            Fresh Fruit            Gelatin Cup            🍃 Vegetable &amp; Hummus Pita</p>	<p><b>ISL FOOD SERVICES</b></p>
<p><b>12 BREAKFAST</b>            Cereal, Graham Crackers, Orange Wedges, Juice, Milk</p> <p><b>LUNCH</b>            Chef's Salad            (Ham/Turkey/cubed cheese)            Yogurt, WG Crackers            Fresh Fruit, Teddy Grahams            🍃 Hearty Garden Salad</p>	<p><b>13 BREAKFAST</b>            Mini Pancakes, Apple Slices, Juice, Milk</p> <p><b>LUNCH</b>            Cold Cut Combo w/ Cheese Sub            Shredded lettuce, Tomato, Pickles            Fresh Fruit            🍃 Vegetable Sub</p>	<p><b>14 BREAKFAST</b>            Apple Cinnamon Muffin, Fruit Cup, Juice, Milk</p> <p><b>LUNCH</b>            Hamburger on WG Bun            Baked Beans            Lettuce, Tomato, Pickle Slices            Fresh fruit, Chilled Pudding Cup            🍃 Veggie Burger</p>	<p><b>15 BREAKFAST</b>            Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p><b>LUNCH</b>            Chicken Black Bean Quesadilla            Fresh Garden Salad            Fresh Fruit            🍃 Three Cheese Quesadillas</p>	<p><b>16 BREAKFAST</b>            Breakfast Bar, Grapes, Juice, Milk</p> <p><b>LUNCH</b>            Roast Beef Sandwich            Lettuce, Tomato, Pickles            Fresh Fruit            Baked Chips            🍃 Garden Veggie Sandwich</p>	<p><b>Available Daily with all meals:</b></p> <p>Lowfat and Fat Free unflavored milk            Fat Free unflavored milk</p>
<p><b>19 BREAKFAST</b>            Cereal, Graham Crackers, Orange Wedges, Juice, Milk</p> <p><b>LUNCH</b>            Chicken Salad on Croissant            Baby Carrots &amp; Celery Sticks            Fresh Fruit, Gelatin Cup            🍃 Hummus &amp; Veggie Croissant</p>	<p><b>20 BREAKFAST</b>            Mini French Toast, Apple Sauce, juice, Milk</p> <p><b>LUNCH</b>            Ham &amp; Swiss Mini Sub            Lettuce/Tomato/Pickle Cup            Fresh Fruit, Baked Chips            🍃 Garden Mini Sub</p>	<p><b>21</b></p> <p><b>SCHOOL CLOSED</b></p>	<p><b>22 BREAKFAST</b>            Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p><b>LUNCH</b>            Pasta Bean Salad W/ Chicken            Yogurt, Caesar Side Salad            Whole Grain Crackers            Fruit            🍃 Chilled Pasta Salad</p>	<p><b>23 BREAKFAST</b>            Sausage Biscuit, Raisins, Juice, Milk</p> <p><b>LUNCH</b>            Breaded Chicken on Bun            Lettuce, tomato, Pickle Cup            Fresh Fruit            Goldfish Cheese Crackers            🍃 Veggie Burger</p>	<p><b>AND JUSTICE FOR ALL</b></p> <p><b>USDA is an equal opportunity provider and employer.</b></p>
<p><b>26 BREAKFAST</b>            Cereal, Graham Crackers, Orange Wedges, Juice, Milk</p> <p><b>LUNCH</b>            Chicken Black Bean Quesadilla            Fresh Garden Salad            Fresh Fruit            🍃 Three Cheese Quesadillas</p>	<p><b>27 BREAKFAST</b>            Mini Cinnamon Rolls, Apple Slices, Juice, Milk</p> <p><b>LUNCH</b>            Philly Steak &amp; Cheese Sandwich            Lettuce/Tomato/Pickle cup            Fresh Fruit            Gelatin Cup            🍃 Supreme Veggie Sandwich</p>	<p><b>28 BREAKFAST</b>            Graham Crackers, Yogurt, Apple Slices, Juice, Milk</p> <p><b>LUNCH</b>            Breaded Chicken on Bun            Lettuce/Tomato/Pickle Cup            Fresh fruit            Oatmeal Cookie            🍃 Veggie Burger</p>	<p><b>29 BREAKFAST</b>            Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p><b>LUNCH</b>            Turkey &amp; Provolone Mini Sub            Lettuce/Tomato/Pickle Cup            Fresh Fruit            Assorted Baked Chips            🍃 Garden Mini Sub</p>	<p><b>30 BREAKFAST</b>            Blueberry Muffin, Dried Cranberries, Juice, Milk</p> <p><b>LUNCH</b>            Chicken Caesar Salad            Yogurt, WG Crackers            Fresh Fruit, Teddy Grahams            🍃 Supreme Garden Salad</p>	<p><b>UNDER CONSTRUCTION</b></p> <p>Our menu has changed, while our kitchen is under construction.</p>

## 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

## FOOD ALLERGIES

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



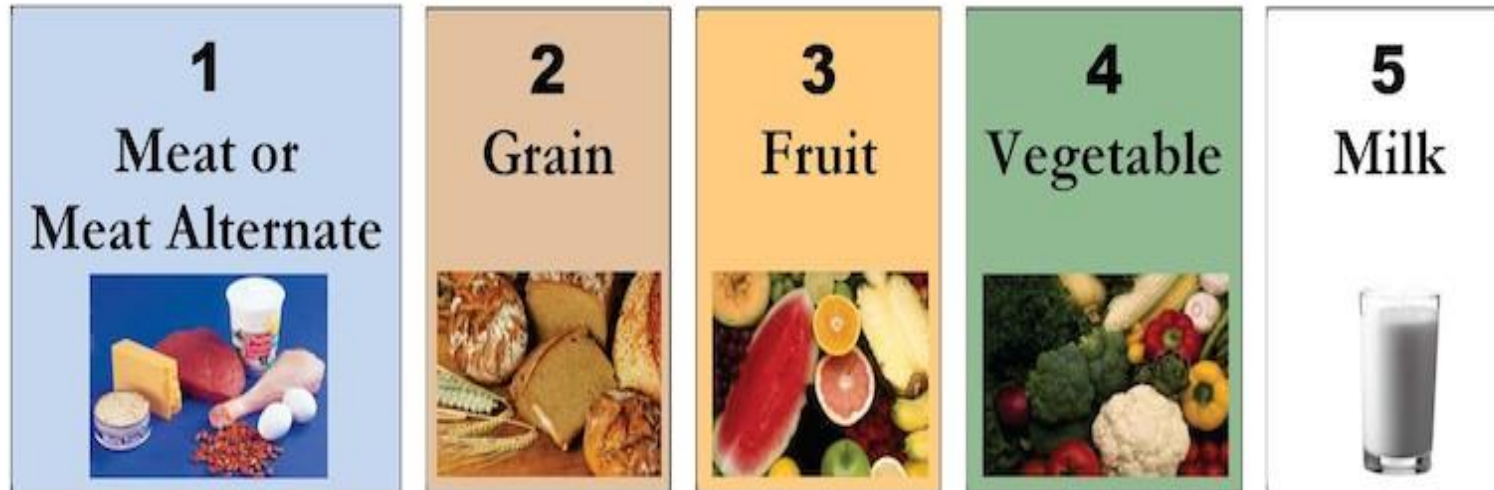
Fruits and Vegetables

## MUST TAKE ½ CUP FRUIT OR VEGETABLE

*USDA is an equal opportunity provider and employer.*

Offer versus Serve

## 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!**