



Free & Reduced Price Meals Program

APPLY ONLINE TODAY!



2017

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>RETURNING STUDENTS Special Diet requests will only be processed with a current diet prescription form on file for the 2017 -18 School Year.</p>	<p>Student September Meal prices (Total Cost)</p> <p>Full Price</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td>\$28.50</td> <td>\$52.25</td> </tr> <tr> <td colspan="2">*Reduced Price</td> </tr> <tr> <td>\$5.70</td> <td>\$7.60</td> </tr> </table>			Breakfast	Lunch	\$28.50	\$52.25	*Reduced Price		\$5.70	\$7.60		<p>1 Breakfast Oatmeal, WG Toast, Fruit, Juice</p> <p>LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit, Gelatin Cup ✔ Cheese Pizza</p>	Available Daily with all meals: Lowfat and Fat Free unflavored milk Fat Free unflavored milk
Breakfast	Lunch													
\$28.50	\$52.25													
*Reduced Price														
\$5.70	\$7.60													
<p>4</p> <p>School Closed</p>	<p>5 BREAKFAST Cereal, Fruit cup, juice</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Grapes, Salsa ✔ Vegetarian Taco Salad</p>	<p>6 BREAKFAST Yogurt, Graham Crackers, Fruit Cup, Juice</p> <p>LUNCH Chicken Fajitas Spanish Rice Corn Fruit Cup ✔ Vegetable Quesadillas</p>	<p>7 BREAKFAST Pancakes, Sausage, Fruit cup, Juice</p> <p>LUNCH Italian Spaghetti Casserole Seasoned Green Beans Sliced Peaches WG Roll ✔ Italian Rotini Casserole(veg)</p>	<p>8 BREAKFAST Hashbrown, Sausage Toast, Fruit, Juice</p> <p>LUNCH Hamburger on WG Bun Baked Crinkle Fries Lettuce/tomatoes/pickles Fresh Fruit ✔ Garden Burger</p>										
<p>11 BREAKFAST Cinnamon Raisin Bagel, Fruit, Juice</p> <p>LUNCH Red Beans w/ Sausage and Ham Steamed Brown Rice Tomato & Cucumber Salad Sliced Peaches, Corn Bread ✔ Red Beans & Rice</p>	<p>12 BREAKFAST Sausage Biscuit, Fruit, Juice</p> <p>LUNCH Barbecue Riblet Mashed Potatoes, Steamed Broccoli Sliced Pears WG Roll ✔ Broccoli & Cheese Baked Potato</p>	<p>13 BREAKFAST Apple Cinnamon Muffin, Fruit Cup, Juice</p> <p>LUNCH Chicken & Gravy Steamed Brown Rice Steamed Green Beans Mixed Fruit, WG Roll ✔ Vegetable Rice Casserole</p>	<p>14 BREAKFAST Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Chicken Nuggets Macaroni & Cheese Glazed Carrots, Fresh Melons WG Roll ✔ Macaroni & Cheese</p>	<p>15 BREAKFAST Buttered Grits, Sliced Ham, Fruit, Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit, Gelatin Cup ✔ Cheese Pizza</p>	<p>Eat fruits & veggies at meals & for snacks</p>									
<p>18 BREAKFAST Cereal, fruit, Juice</p> <p>LUNCH Chicken Tetrazzini Spinach Salad w/ Grape tomatoes Steamed Green Beans Chilled Applesauce, WG Roll ✔ Vegetable Tetrazzini</p>	<p>19 BREAKFAST French Toast, Eggs, Fruit, juice</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Grapes, Salsa ✔ Vegetarian Taco Salad</p>	<p>20 Breakfast Slice Ham English Muffin, Fruit, Juice</p> <p>LUNCH Turkey Roast w/ Gravy Steamed Brown Rice Sweet Potatoes, Slice Peaches WG Roll ✔ Vegetable Rice Casserole</p>	<p>21 BREAKFAST Blueberry Muffin, Fruit, Juice</p> <p>LUNCH Spaghetti & Meatballs Seasoned Green Beans Fresh Caesar Salad, Apple Sauce Garlic Toast ✔ Pasta w/ Marinara Sauce</p>	<p>22</p> <p style="text-align: center;">School Closed</p>	<p>ChooseMyPlate.gov</p>									
<p>25 BREAKFAST Cereal, Juice, Milk</p> <p>LUNCH Pastalaya (Chicken & Sausage) Seasoned Green Beans w/ Potatoes Baked Cinnamon Apples WG Roll ✔ Pasta w/ Marinara Sauce</p>	<p>26 BREAKFAST Cheesy Grits, Sausage, Fruit, Juice</p> <p>LUNCH Grilled Ham & Cheese Sandwich Fresh Carrots & Celery Fresh Fruit Cinnamon Gold Fish ✔ Grilled Cheese Sandwich</p>	<p>27 BREAKFAST Graham Crackers, Yogurt, Apple Slices, Juice</p> <p>LUNCH Roasted Chicken Macaroni & Cheese Glazed Carrots Sliced Pears, WG Roll ✔ Macaroni & Cheese</p>	<p>28 BREAKFAST Sausage Biscuit, Fruit, Juice</p> <p>LUNCH Great Northern Beans w/ Ham Steamed Rice Tossed Garden Salad Chilled Applesauce, WG Roll ✔ Great Northern Beans</p>	<p>29 BREAKFAST Hashbrown, Toast, Fruit, Juice</p> <p>LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit, Gelatin Cup ✔ Cheese Pizza</p>	<p>USDA is an equal opportunity provider and employer.</p>									



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



ALL STUDENTS

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

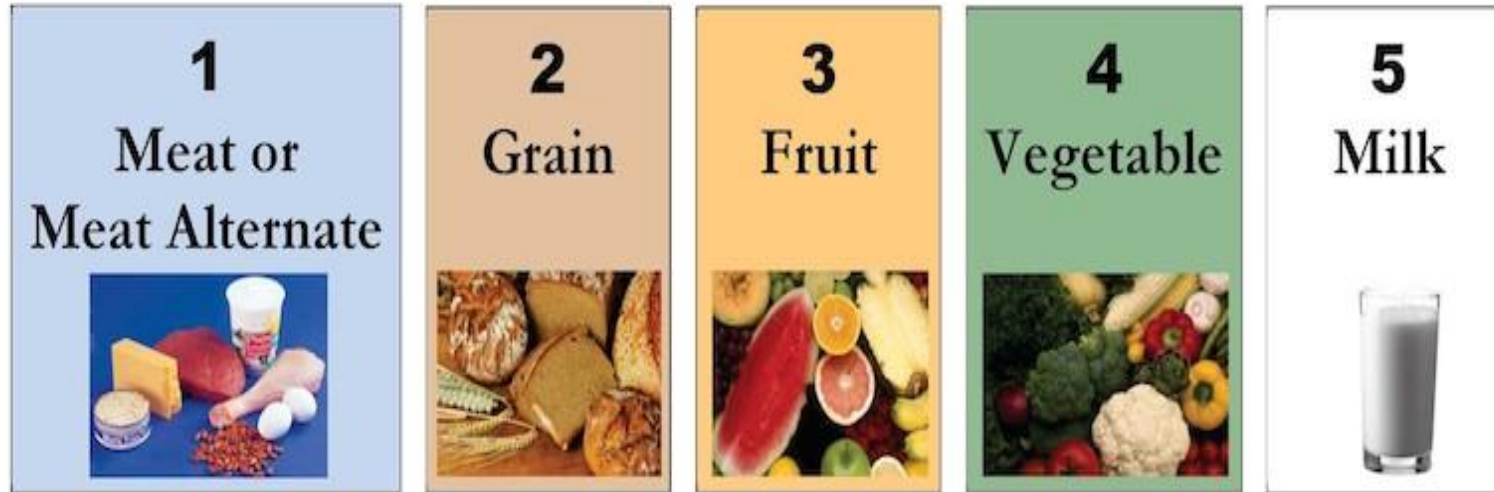


Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

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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!**