



Free & Reduced Price Meals Program
Households may apply at anytime
during the school year
APPLY ONLINE TODAY!

January 2018

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								
1	2	3		5									
<p align="center">Student January Meal prices (Total Cost) Full Price</p> <table border="0"> <tr> <td>Breakfast</td> <td>Lunch</td> </tr> <tr> <td>\$25.50</td> <td>\$46.75</td> </tr> <tr> <td align="center" colspan="2">*Reduced Price</td> </tr> <tr> <td>\$5.10</td> <td>\$6.80</td> </tr> </table>		Breakfast	Lunch	\$25.50	\$46.75	*Reduced Price		\$5.10	\$6.80		<p>Menu is subject to change due to the availability of food items and special events</p>	<p>Staff Professional Development (School Closed)</p>	<p>Tray-less Tuesday Eco Friendly Friday</p>
Breakfast	Lunch												
\$25.50	\$46.75												
*Reduced Price													
\$5.10	\$6.80												
<p>8 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Macaroni & Cheese w/ Diced Ham Steamed Broccoli, Sweet Potatoes Chilled Mixed Fruit WG Roll Macaroni & Cheese</p>	<p>9 BREAKFAST Pancakes, Sausage, Fruit, Juice</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Strawberries, Salsa Vegetarian Taco</p>	<p>10 BREAKFAST Hashbrown, Ham, Toast, Fruit, Juice</p> <p>LUNCH Salisbury Steak w/ Gravy Mashed Potatoes, Glazed Carrots Apple & Orange wedges WG Roll Broccoli & Cheese Potato</p>	<p>11 BREAKFAST Sausage Biscuit, Fruit, Juice</p> <p>LUNCH Spaghetti and Meatsauce Steamed Whole Kernel Corn Caesar Salad Sliced Peaches, Garlic Bread Spaghetti & Marinara Sauce</p>	<p>12 BREAKFAST Cheesy Grits, Toast, Sliced Ham, Fruit, Juice</p> <p>LUNCH – Let's Go GREEN "Eco Friendly Friday" Ham & Cheese Po-Boy Lettuce/tomatoes/pickles Chilled Sliced Pears, Baked Chips Garden Burger</p>	Available Daily with all meals: Lowfat and Fat Free unflavored milk Fat Free flavored milk								
	<p>16 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH – Tray-less Tuesday Let's Go GREEN Grilled Cheese Sandwich Fresh Celery & Carrots w/ Ranch Dip Chilled Apple Sauce Chocolate Chip Cookie Grilled Cheese Sandwich</p>	<p>17 BREAKFAST French Toast, sausage, Fruit, Juice</p> <p>LUNCH Sliced Ham Mac & Cheese, Green Beans Fresh Garden Salad Mixed Fruit Soft WG Roll Macaroni & Cheese</p>	<p>18 BREAKFAST Fruit & Yogurt Parfait, Graham Crackers, Juice</p> <p>LUNCH Pulled Pork on Bun Creamy Cole Slaw Baked Beans Fresh Fruit Garden Burger</p>	<p>19 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Chilled Sliced Peaches Cheese Pizza</p>	<p>Drink milk at meals</p>								
<p>22 BREAKFAST Sausage Biscuit, Fruit, Juice</p> <p>LUNCH Red Beans w/ Ham Steamed Brown Rice Tomato & Cucumber Salad Sliced Peaches, Corn Bread Red Beans & Rice</p>	<p>23 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH-Taco Tuesday Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p>24 BREAKFAST Blueberry Muffin, Fruit Cup, Juice</p> <p>LUNCH - Puerto Rico Asopao de Pollo (Puerto Rico Chicken & Rice Stew) Baked Plantains, Avocado Slice, Chilled Pineapples, Roll Vegetable Rice</p>	<p>25 BREAKFAST Pancakes, Sausage, Fruit, Juice</p> <p>LUNCH Spaghetti and Meatsauce Fresh Caesar Salad, Steamed Corn Fruit Salad Garlic Bread Stick Pasta w/ Marinara Sauce</p>	<p>26 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Potato Soup Side Chef Salad Chilled Sliced Peaches WG Crackers Potato Soup</p>	<p>International Meals</p>								
<p>29 BREAKFAST Fruit and Yogurt Parfait, French Toast, juice</p> <p>LUNCH Hot Dog on Bun Baked Beans, Tater Tots Fresh Fruit Pudding Cup Garden Burger</p>	<p>30 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Roasted Rosemary Chicken Rotini Pasta Alfredo Glazed Carrots, Chilled Applesauce Soft WG Roll Rotini Pasta Alfredo</p>	<p>31 BREAKFAST English Muffin & Ham, Fruit, Juice</p> <p>LUNCH Ham & Cheese Melt Carrots & Broccoli, Ranch Dip Apple & Orange Wedges Oatmeal Raisin Cookie Grilled Cheese Sandwich</p>	<p>2/1 BREAKFAST Waffle, Sausage, Fruit, Juice</p> <p>LUNCH Spunky Spuds Thursday Chili Con Carne Supreme Mashed Potatoes Fresh Fruit Salad Whole Grain Crackers Vegetarian Chili</p>	<p>USDA is an equal opportunity provider and employer</p>									

International Meals - January 2018



Asopao de Pollo
(Puerto Rican Chicken and Rice Stew)



- 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

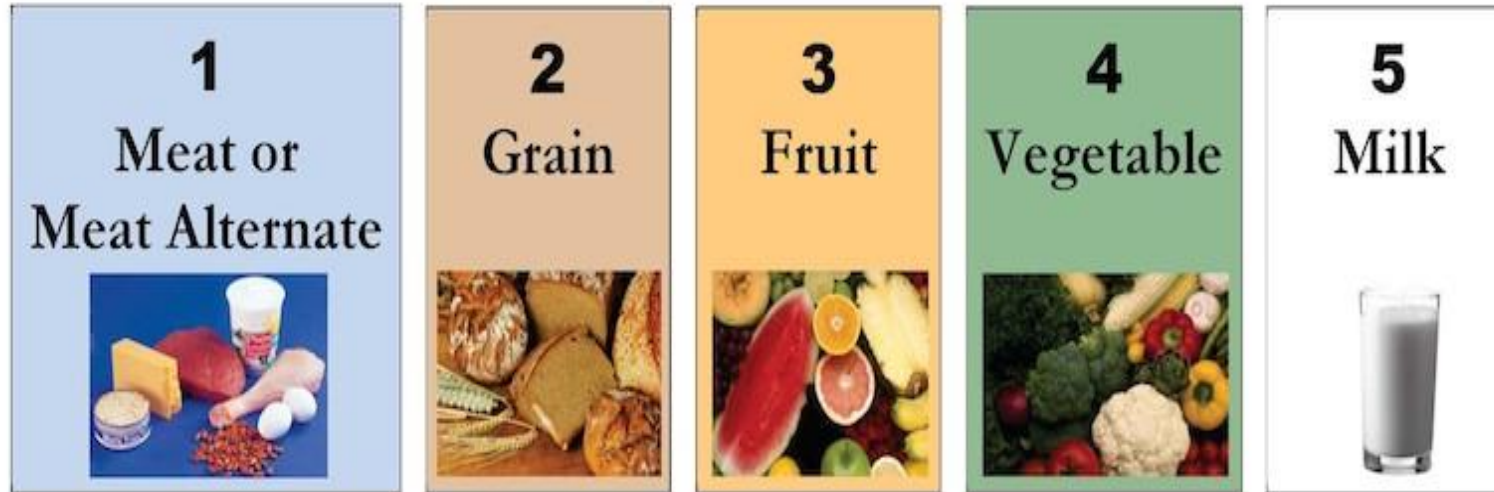


Fruits and Vegetables

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!**