



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

March is National Nutrition Month



2018

<u>Daily Meal Prices</u>	
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.	

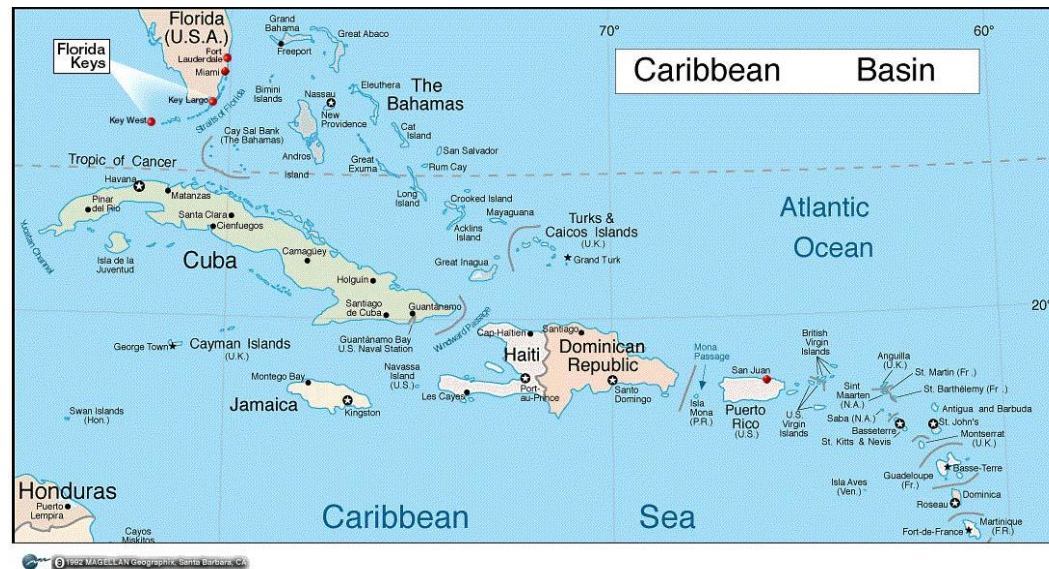
Monday	Tuesday	Wednesday	Thursday	Friday	FYI								
<p>Student March Meal prices (Total Cost)</p> <p style="text-align: center;">Full Price</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center;">Breakfast</td> <td style="text-align: center;">Lunch</td> </tr> <tr> <td style="text-align: center;">\$31.50</td> <td style="text-align: center;">\$57.75</td> </tr> <tr> <td colspan="2" style="text-align: center;">*Reduced Price</td> </tr> <tr> <td style="text-align: center;">\$6.30</td> <td style="text-align: center;">\$8.40</td> </tr> </table>		Breakfast	Lunch	\$31.50	\$57.75	*Reduced Price		\$6.30	\$8.40	<p>Please Notice This</p> <p>Menu is subject to change due to the availability of food items and special events</p>	<p>1 Cinnamon Raisin Bagel, Eggs, Fruit, Juice</p> <p style="text-align: center;">LUNCH</p> <p>Beef Macaroni & Cheese Steamed Spinach Chilled Applesauce WG Roll Macaroni & Cheese w/ Marinara Sauce</p>	<p>2 Pancakes, Sausage, Fruit, Juice</p> <p style="text-align: center;">LUNCH </p> <p>Chicken Fajitas Mexicali Corn Garden Salad Fresh Fruit Salsa, Sour Cream Vegetable Fajitas</p>	<p style="text-align: center;">National School Breakfast Week March 5 - 9</p>
Breakfast	Lunch												
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<p>5 BREAKFAST Sausage Biscuit, Fruit, Juice</p> <p style="text-align: center;">LUNCH</p> <p>New Orleans Red Beans Steamed Brown Rice Fresh Baby Spinach Salad Chilled Sliced Peaches, Cornbread Red Beans & rice</p>	<p>6 BREAKFAST French Toast, Sausage, Fruit, Juice</p> <p style="text-align: center;">LUNCH </p> <p>"Tray-less Tuesday"</p> <p>Ham & Cheese Po-Boy Lettuce/tomatoes/pickles Fresh Fruit, Baked Chips Garden Burger</p>	<p>7 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p style="text-align: center;">LUNCH</p> <p>Cajun Chicken & Sausage Gumbo Fresh Garden Salad, Potato Salad French Bread Medallions Baked Cinnamon Apple Vegetable Soup</p>	<p>8 BREAKFAST Blueberry Muffin, Fruit, Juice</p> <p style="text-align: center;">BRUNCH</p> <p style="text-align: center;">Breakfast for Lunch</p> <p>Cheesy Grits, Sausage links Breakfast cubed Potatoes Baby Carrots, Fresh Fruit, Graham Crackers Cheesy Grits & Eggs</p>	<p>9 BREAKFAST Hashbrown, Toast, Fruit, Juice</p> <p style="text-align: center;">LUNCH </p> <p>Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Chilled Sliced Peaches Cheese Pizza</p>	<p style="text-align: center;">March into a Healthier Meal</p> <p style="text-align: center;">Louisiana School Lunch Week March 5-9</p>								
<p>12 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p style="text-align: center;">LUNCH</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes, Glazed Carrots Fresh Strawberries WG Roll Garden Patty w/ Gravy</p>	<p>13 BREAKFAST Cinnamon Raisin Bagel, Eggs, Fruit, Juice</p> <p style="text-align: center;">LUNCH-Taco Tuesday </p> <p>Taco Salad Refried Beans Shredded lettuce/Cheese Cup Fresh Fruit, Salsa Vegetarian Taco Salad</p>	<p>14 BREAKFAST Waffles, sausage, Fruit, Juice</p> <p style="text-align: center;">LUNCH</p> <p>Chicken & Gravy, Brown Rice Steamed Mixed Vegetables Sweet Potatoes Chilled Sliced Pears, WG Roll Vegetable Rice</p>	<p>15 BREAKFAST Fruit & Yogurt Parfait, Graham Crackers, Juice</p> <p style="text-align: center;">LUNCH</p> <p>Barbecue Pork on Bun Creamy Cole Slaw Baked Beans Fresh Fruit Garden Burger</p>	<p>16 BREAKFAST Sausage Biscuit, Fruit, Juice</p> <p style="text-align: center;">LUNCH – Eco-Friendly Friday</p> <p>Grilled Ham & Cheese Sandwich Fresh Veggies Salad Bar Fresh Fruit, Cinnamon Bites Grilled Cheese Sandwich</p>	<p style="text-align: center;">SALAD BAR</p>								
<p>19 BREAKFAST Apple Cinnamon Muffin, Fruit, Juice</p> <p style="text-align: center;">LUNCH</p> <p>Great Northern Beans w/ Ham Steamed Brown Rice Tomato & Cucumber Salad Sliced Pears, Corn Bread Great Northern Beans & rice</p>	<p>20 BREAKFAST Pancakes, Sausage, Fruit, Juice</p> <p style="text-align: center;">LUNCH</p> <p>Spaghetti Casserole Seasoned Green Beans, Caesar Salad Fresh Strawberries Garlic Bread Spaghetti & Marinara Sauce</p>	<p>21 BREAKFAST Cheese Omelet, Toast, Fruit, Juice</p> <p style="text-align: center;">1/2 Day Noon Dismissal</p>	<p>22 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, juice</p> <p style="text-align: center;">LUNCH</p> <p>Rotisserie Chicken Yellow Rice, Green Peas Fresh Garden Salad Fresh Fruit Salad, WG Roll Vegetable Rice Casserole</p>	<p>23 BREAKFAST Hashbrown, Toast, Fruit, Juice</p> <p style="text-align: center;">LUNCH </p> <p>Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Chilled Sliced Peaches, Pudding Cheese Pizza</p>	<p style="text-align: center;">Available Daily with all meals: Lowfat and Fat Free unflavored milk Fat Free flavored milk</p>								
<p>26 BREAKFAST Blueberry Muffin, Fruit, Juice</p> <p style="text-align: center;">LUNCH</p> <p>Macaroni & Cheese w/ Diced Ham Steamed Mixed Vegetables Fresh Garden Salad Chilled Sliced Pears WG Roll Macaroni & Cheese</p>	<p>27 BREAKFAST Oatmeal, Cinnamon Raisin Toast, Fruit, Juice</p> <p style="text-align: center;">LUNCH – Tray-less Tuesday</p> <p>Hot Dog on Bun Tater Tots, Fresh Garden salad Fresh Fruit Pudding Cup Garden Burger</p>	<p>28 BREAKFAST Cereal, Fruit, Graham Crackers</p> <p style="text-align: center;">LUNCH </p> <p>Jerk Chicken Jamaican Rice and Peas Plantains, Chilled Pineapples, Cornbread Jamaican Rice and Peas</p>	<p>29 BREAKFAST Waffle, Sausage, Fruit, Juice</p> <p style="text-align: center;">LUNCH</p> <p>Hamburger on Bun Lettuce, tomato, pickle s Sweet Potato Fries Fresh Fruit Garden Burger on bun</p>	<p>30 BREAKFAST Fruit & Yogurt Parfait, Cinnamon Raisin Toast, juice</p> <p style="text-align: center;">LUNCH</p> <p>Chicken Soft Tacos Refried Beans Lettuce/tomato Cup Fresh Fruit, Salsa, Sour Cream Vegetable Soft Taco</p>	<p style="text-align: center;">Tray-less Tuesday</p> <p style="text-align: center;">Eco-Friendly Friday</p>								



International Meals - Jamaican Caribbean Feast



Jerk Chicken, Rice and Peas, Plantains



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SCHOOL
BUCKS**

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- 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**



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

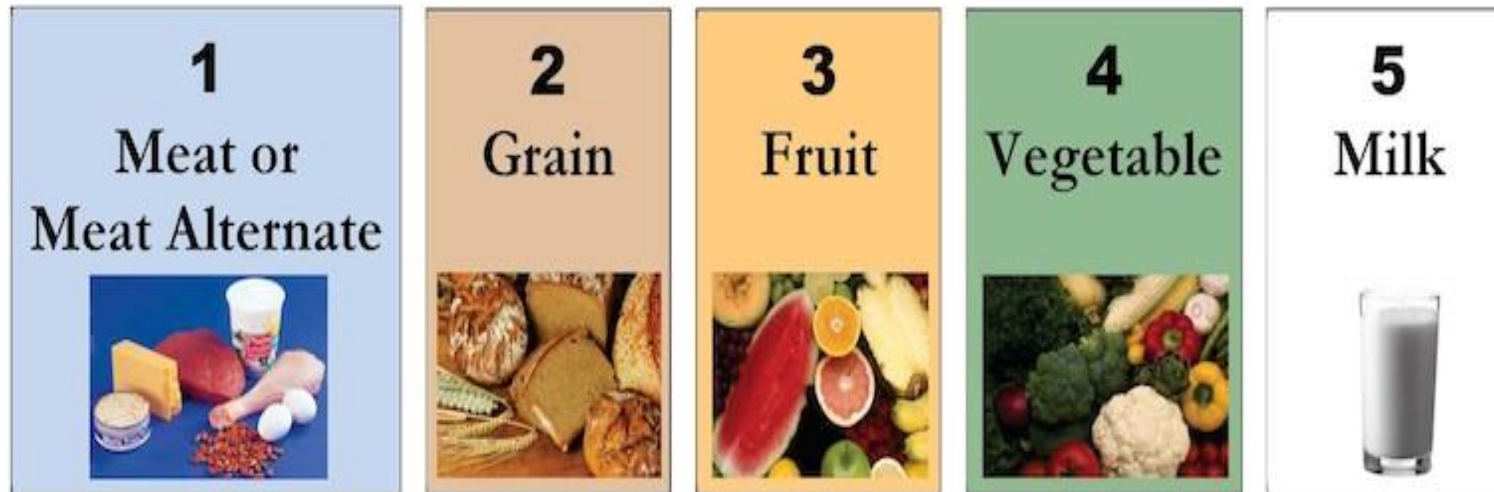


Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

USDA is an equal opportunity provider and employer.

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!**