

APPLICATIONS FOR FREE & REDUCED MEALS may be turned in at any time during the school year. If household income changes you may apply numerous times over the year.

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*****BREAKFAST SCHEDULE*****

ALL ELEMENTARY SCHOOLS

- MONDAY: CHOICE OF CEREAL BAR / with CRUNCHMANIA
- TUESDAY: STRAWBERRY MINI PANCAKES OR CEREAL BAR /with BANANNA MUFFIN
- WEDNESDAY: CHOICE OF POPTART OR CEREAL BAR/ with BLUEBERRY MUFFIN
- THURSDAY: MAPLE MINI PANCAKES OR CEREAL BAR / with CHOCOLATE MUFFIN
- FRIDAY: CHOICE OF CEREAL BAR OR SNACK 'N WAFFLE with ORANGE MUFFIN
- OFFERED DAILY: APPLESAUCE and MILK

MIDDLE SCHOOL

- MONDAY: CHOICE OF CEREAL BAR with CRUNCHMANIA
- TUESDAY: CHOICE OF MINI PANCAKE or CEREAL BAR with MUFFIN or CRUNCHMANIA
- WEDNESDAY: CHOICE OF MAPLE SNACK'N WAFFLE or CEREAL BAR with MUFFIN or CRUNCHMANIA
- THURSDAY: CHOICE OF MINI PANCAKE or CEREAL BAR with MUFFIN or CRUNCHMANIA
- FRIDAY: CHOICE OF MAPLE SNACK'N WAFFLE or CEREAL BAR with MUFFIN or CRUNCHMANIA
- OFFERED DAILY: APPLESAUCE and MILK

HIGH SCHOOL:

Available on a Daily Basis: CHOICE OF HOT BREAKFAST SANDWICH or CEREAL BAR or POPTART
With MUFFIN or CRUNCHMANIA
APPLESAUCE and MILK

BREAKFAST SANDWICHES WILL NOT BE OFFERED ON A TWO-HOUR DELAY SCHEDULE

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PLEASE remind your students that in order to qualify for a reimbursable meal, your meals must include at least three of the main food items which are: Meat or Meat Alternate
Fruit and/or Vegetables
Bread – 1 per day
Milk – 1 per day

OTHERWISE, regulations require an a-la-carte pricing of items.

Extra Meals, Sandwiches, Orange Juice, and Beverages are not included in a meal price, and students must pay for them. There is NO CHARGING of meals or extras.

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Please take a few moments to talk to your child about the importance of choosing from all 5 food groups. The Nutrition Group is pleased to be your school's food service provider and making lunch a healthy part of your child's school day. We encourage students to take all 5 items. This is why there are a variety of choices available. This enables students to choose his or her favorite items to make lunch their way... the healthy way. Choosing all 5 items provides your child with a complete meal, and best value!

DAILY MILK CHOICES:

- 1% Chocolate
- 1% White
- 1 % Strawberry
- Skim

EXTRA BEVERAGES SOLD (only @ High School)
Orange Juice~ Water ~ Flavored Water ~Milk Chugs

DAILY FRUIT CHOICES:

- Applesauce
- Pineapple
- Peaches
- Mixed Fruit
- Pears
- Fresh Apples
- when available:
Bananas, Grapes, Oranges, Cantaloupe, Watermelon

NO TIME FOR BREAKFAST?

According to a research article in the JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION, eating breakfast improves Learning and overall health among children, adolescents, and adults.

MENU MAY BE SUBJECT TO CHANGE ON ANY GIVEN DAY