

# How Do School Meals Help Families?

## Provide Balanced Meals

Meeting the nutrition needs over the course of a day.



## Helps Students Learn Where Foods Come From

Our Farm to School program provides increased access to locally produced foods.



## Saves Time

Spending 10 minutes a day packing lunch adds up to 30 hours (1,800 minutes) each school year.



## Supports Learning at School

Students with healthy eating patterns have better academic performance.



### Breakfast Meal Deal

Choice of Entrée, Fruit, Juice & Milk

**Paid Student** \$1.20

**Reduced Student** \$ .20

***Jump start your day with breakfast***

*Have you been approved for*

***FREE or REDUCED price meals?***

***Receive the same benefit at breakfast!***

### Lunch Meal Deal

Choice of Entrée, 2 Fruits and/or 2 Veg & Milk

**Paid Student Elementary** \$2.30

**Paid Student Secondary** \$2.40

**Reduced Price Student** \$ .40

Lunches must include at least 1 **FRUIT** or **VEGETABLE**

***Hungry??? Choose them all!***

**SMART  
SNACKS  
IN SCHOOL**

*School cafeterias are the perfect place to purchase extras for meal time. Students may choose to purchase extra entrees, fresh fruits, salads, veggie cups and prepackaged snacks and beverages. All foods sold in the cafeteria comply with the Healthy Hunger Free Kids Act Smart Snack requirements.*

*Perfectly portioned, nutritious and kid approved.*

## À LA CARTE

Beef Stick	.75	Granola Bar, Chewy	.50
Cheese Stick	.50	Hard Boiled Egg (each)	.75
Chips/Grahams/Crackers	.60	Ice Cream	.75
Cocoa Cherry Bar	1.00	PB & J Sandwich	1.00
Cottage Cheese, 1/2 cup	.50	Pretzel, Soft 3oz	.75
Cookie	.60	Rice Krispy Treat (Large)	1.00
Entrée, Breakfast	1.00	Rice Krispy Treat (Mini)	.25
Entrée, Lunch	1.90	Sunflower Seeds	.50
Fruit/Vegetable Side	.50	Yogurt, 4 oz cup	.75
Fruit Snacks, Welch's	.75	Yogurt Parfait	1.75

## BEVERAGES

Juicy Juice or Capri Sun 6 oz	\$ .75
Juice, 100% Fruit 4 oz	.50
Juice, 100% Fruit 8 oz	1.00
Juice 100% Fruit 11.5 oz (Sec Only)	1.00
Milk, 1/2 pint	.50
Milk, Lactaid 1/2 pint	.50
Milk, Soy Vanilla Flavored	1.00
Switch 100% Juice, 8 oz (Sec Only)	1.00
Water, 8 oz bottle	.50
Water, 16 oz bottle	1.00
Water, 12 oz Flavored or Sparkling	1.00



**FRESH ~ DELICIOUS ~ NUTRITIOUS**

*This institution is an equal opportunity provider*

*Revised 8/14/2018*