

INTERMEDIATE GRADES
NUTRIENT TARGETS
CALORIES: 706
TOTAL FAT: >30%
SATURATED FAT>10%
IRON: 3.70 MG
CALCIUM: 311 MG
PROTEIN: 11.27 G
VITAMIN A: 255 RE
VITAMIN:C15.57 MG

A Standard Lunch is defined as follows:

*Students MUST select One Entrée
 Then MAY select up to Two Sides
 And MAY select One Milk
 To qualify as a lunch a meal MUST include One Entrée
 and One additional Item (Side or Milk)*

What's Going On!

Feb 14: Lucky Hearts Day
 Feb 17: Staff Day /No School
 Feb 20: Presidents Day/ No School:
 Feb 29: Retro Day Menu

MENU NOTES:

A VARIETY OF MILK IS OFFERED DAILY (BOTH WITH EACH LUNCH AND ALA CARTE)
 PEANUT BUTTER & JELLY SANDWICHES ARE AVAILABLE DAILY

Whether your child receives a school lunch or brings their lunch from home, they may wish to augment their lunch with something extra. We offer a selection of milk, juice and healthy snack items to meet this need:

**How can you improve your level of fitness?
 The FITT Principle**



Frequency - how often you perform an activity. The general recommendation is to be active most days of the week.

Time - how long you perform the activity. For example, flexibility or stretching may take 10-30 seconds for each stretch, however for aerobic activity, or activity that gets your heart beating faster, 30 to 60 minutes is ideal.

Intensity - how hard you exercise during an activity. Heart rate is one way to gauge intensity during aerobic endurance activities. Target heart rates (THR) vary with age and level of fitness. Ask your doctor to help you determine your THR.



Type - the specific activity you chose to improve your fitness. For cardiovascular benefit and weight management, aerobic activities that use large muscle groups are best. This includes walking, swimming and biking.

2011-12 LUNCH PRICES

DAILY CASH PRICES:
 Primary & Intermediate \$ 3.00
 Middle & High \$ 3.35 & \$3.75
 Reduced Price \$.40
 (all schools)
 Milk (a la carte) \$.50

ACCOUNT PRICES:
 Primary & Intermediate
 10 meals: \$30.00
 20 meals: \$ 60.00
 Middle & High School
 10 meals: \$33.50
 20 meals: \$67.00
 Reduced Price
 10 meals: \$ 4.00

Accounts DO NOT have to be used on consecutive days. All checks should be made out to your School's Food Service.

Example: Pine School Food Service

To avoid any possible appearance of discrimination, all free, reduced and full priced pre-paid accounts appear identical.

Free & Reduced Lunches:

If you were on Free or Reduced Lunches last year, this is a reminder that you must re-apply each year. Applications for free and Reduced Meals are accepted throughout the school year.

Milk Allergies:

If your child has a milk allergy or is lactose intolerant, a medical note needs to be submitted each year – we do have a lactose free milk alternative available. We also have vanilla and chocolate SOY milk available.