

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!

Jan 2: School Resumes:
 Jan 16: M.L.King Day/ No School:
 Jan 20: Teacher Inservice /
 No School

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:

Snacking and Kids Go Hand-in-Hand

Kids need regular meals and snacks for optimal performance and development. Just like breakfast in the morning and lunch in the middle of the day, this is true for snacks after school. Afterschool snacks are important when kids eat an early lunch and when their dinner may be late. Here are a few tips to help provide your child with nutritious afterschool snacks:

- Pick at least two food groups per snack: vegetables, fruits, proteins, grains and/or dairy.
- Remember it's a snack and not a full meal, so watch the portion sizes. One half of a sandwich and a small piece of fruit would make a great afterschool snack or mini meal.
- Snack time is a great time to try new foods. Try hummus, nut butters, broccolini, purple cauliflower, baked apples or frozen 100% juice bars.
- Invite kids to help invent and prepare new snacks, such as a trail mix make with dried fruits and whole grain cereals.
- Give a healthy spin on favorite treats. Try baked sweet potato wedges instead of fried French fries.
- Focus on snacking on vegetables, fruits, whole grains and choosing lean proteins and low fat milk.
- Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk.

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.