

**PRIMARY GRADES
NUTRIENT TARGETS
CALORIES: 645
TOTAL FAT: >30%
SATURATED FAT>10%
IRON: 3.30 MG
CALCIUM: 267MG
PROTEIN: 8.87 G
VITAMIN A: 211 RE
VITAMIN:C15.0 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!

Nov 8: Staff Dev. Day – No School
Nov 11: Elem. Lucky Tray Day
Nov 17: Holiday Meal
Nov 23-25: No School
Thanksgiving Holiday Break

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:

Jump Start Your Weight Control

Not only does breakfast provide the fuel for better concentration and learning, but researchers have also found breakfast encourages weight loss and maintenance by jump starting your metabolism and preventing over-eating later in the day.

If you want to take a first step towards a healthier weight, consider trying one of the following simple breakfast ideas:

- Warm Boiled Egg and Whole Wheat Toast with Fruit Preserves
- Nonfat Yogurt with Granola and Frozen Berries
- Hot Oatmeal made with Nonfat or 1% Milk, Dried Fruit and Nuts
- Whole Wheat Toast Topped with Peanut Butter and a Banana
- Sliced Tomato Topped with Low Fat Turkey Bacon and Melted Fresh Mozzarella
- Vegetable Omelet with Whole Wheat Toast and Margarine
- Whole Grain Cereal with Nonfat or 1% Milk and Sliced Fruit

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.