

**HIGH SCHOOL
NUTRIENT TARGETS**
CALORIES: 846
TOTAL FAT: >30%
SATURATED FAT>10%
IRON: 4.50 MG
CALCIUM: 400MG
PROTEIN: 16.7 G
VITAMIN A: 300 RE
VITAMIN:C 19.18 MG

A Standard Lunch is defined as follows:

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

MENU NOTES:

What's Going On!

Jan 2: School Resumes:
 Jan 16: M.L.King Day/ No School:
 Jan 20: Teacher Inservice /
 No School
 Jan 17 – 19: High School Exam Days
 ((special schedule available on
 NOCS website)

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:

School Notes:

A LA CARTE INFORMATION:

Both of our secondary schools carry a variety of ala carte items such as Specialty Salads and Sandwiches in addition to the usual roundup of snack and beverage items. Whether your child receives a school lunch or brings their lunch from home, they may wish to augment their lunch with something extra.

ENTREES! ENTREES! ENTREES!

In addition to the menu listed on the other side, we offer a variety of Hot Sandwiches, Pizza, Cold Sandwiches and other rotating daily entrée offerings in both the High School and Middle School. Students are encouraged to check out the "Week-at-a-Glance" menus posted throughout the cafeteria and by the serving lines (or they may visit each line during the school year!)

More What Is A Lunch Info

Our Monthly menu Entrée Lunches, Hot Sandwich Entrée and Pizza Entrée Lunches feature a 1-3-1 menu. What this means is that students MUST select One Entrée, then can select up to THREE side dish choices and may select One Milk. (Minimally students must take One entrée and TWO other items (sides or milk) for their meal to qualify as a lunch.)

Field Trip Lunches On field trip days, the Food Service Department has complete sack lunches that can be pre-ordered through your school's cafeteria. Students can pickup an order form from the cafeteria.

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

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.