



# JUNE



## Middle School Breakfast Menu

Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.70
Reduced	.40
Adult	
Breakfast	\$2.00
Lunch	\$3.30
Extra Milk	.50

**NON-DISCRIMINATION:**  
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

- All Meals Served With Choice of Milk:
- 1% White
  - Fat Free Strawberry
  - Fat Free Chocolate
  - 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

**Fresh Fruits & Vegetable Bar Offered Daily.**

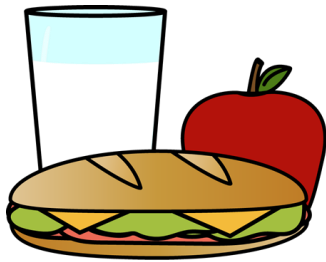
	Monday	Tuesday	Wednesday	Thursday	Friday
					1
4	BREAKFAST PACK	BREAKFAST PACK	BREAKFAST PACK	BREAKFAST PACK	8
11	BREAKFAST PACK	BREAKFAST PACK	BREAKFAST PACK	BREAKFAST PACK	15
18	BREAKFAST PACK	BREAKFAST PACK	BREAKFAST PACK	BREAKFAST PACK	22
25	BREAKFAST PACK	BREAKFAST PACK	BREAKFAST PACK	BREAKFAST PACK	29

My Plate is based on new dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods.



Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using [MypaymentsPlus.com](http://MypaymentsPlus.com)





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Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 CHEESEBURGER BAKED FRIES OR GRAB N GO TURKEY SANDWICH	5 TACO SALAS, SALSA OR GRAB N GO PB&J SANDWICH	6 ZESTY MEATSAUCE SPAGHETTI BREADSTICK OR GRAB N GO TURKEY SANDWICH	7 COUNTRY STYLE STEAK DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO PB&J SANDWICH	8
11 CHEESEBURGER BAKED FRIES OR GRAB N GO TURKEY SANDWICH	12 TACO SALAS, SALSA OR GRAB N GO PB&J SANDWICH	13 ZESTY MEATSAUCE SPAGHETTI BREADSTICK OR GRAB N GO TURKEY SANDWICH	14 COUNTRY STYLE STEAK DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO PB&J SANDWICH	15
18 CHEESEBURGER BAKED FRIES OR GRAB N GO TURKEY SANDWICH	19 TACO SALAS, SALSA OR GRAB N GO PB&J SANDWICH	20 ZESTY MEATSAUCE SPAGHETTI BREADSTICK OR GRAB N GO TURKEY SANDWICH	21 COUNTRY STYLE STEAK DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO PB&J SANDWICH	22
25 CHEESEBURGER BAKED FRIES OR GRAB N GO TURKEY SANDWICH	26 TACO SALAS, SALSA OR GRAB N GO PB&J SANDWICH	27 ZESTY MEATSAUCE SPAGHETTI BREADSTICK OR GRAB N GO TURKEY SANDWICH	28 COUNTRY STYLE STEAK DINNER ROLL MASHED POTATOES & GRAVY OR GRAB N GO PB&J SANDWICH	29

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