

# OCTOBER

## Middle School Snack Menu

Meal Prices	
Student	
Breakfast	\$1.80
Reduced	.30
Lunch	\$2.90
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.60
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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CINNAMON CRISPS PEANUT BUTTER CUP MILK CHOICE	2 CRISPY VEGGIE CRACKERS PEANUT BUTTER CUP MILK CHOICE	3 BLUEBERRY LEMON CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	4 GOLDFISH CRACKERS PEANUT BUTTER CUP MILK CHOICE
7 ORIGINAL GRAHAMS PEANUT BUTTER CUP MILK CHOICE	8 CHEEZ-IT CRACKERS MILK CHOICE	9 BABY CARROTS LIGHT RANCH DIP MILK CHOICE	10 GRANOLA BAR SMORE PEANUT BUTTER CUP MILK CHOICE	11 SUNFLOWER SEED KERNELS PEANUT BUTTER CUP MILK CHOICE
14 GOLDFISH CRACKERS PEANUT BUTTER CUP MILK CHOICE	15 BLUEBERRY LEMON CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	16 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	17 APPLE SLICES PEANUT BUTTER CUP MILK CHOICE	18 <b>NO SCHOOL</b>
21 GRANOLA BAR SMORE PEANUT BUTTER CUP MILK CHOICE	22 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	23 BABY CARROTS LIGHT RANCH DIP MILK CHOICE	24 ORIGINAL GRAHAMS PEANUT BUTTER CUP MILK CHOICE	25 CHEETO PUFFS PEANUT BUTTER CUP MILK CHOICE
28 PRETZEL HEARTS MILK CHOICE	29 CINNAMON CRISPS PEANUT BUTTER CUP MILK CHOICE	30 CRISPY VEGGIE CRACKERS PEANUT BUTTER CUP MILK CHOICE	31 BLUEBERRY LEMON CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

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 [www.myschoolbucks.com](http://www.myschoolbucks.com)