

SEPTEMBER

Elementary Snack Menu

Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.75
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,



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 APPLE SLICES MILK CHOICE	4 CRISPY CHEDDAR CRACKERS MILK CHOICE	5 SIMPLE STRAWBERRY CHEX MILK CHOICE	6 BLUEBERRY MUFFIN MILK CHOICE
9 CRISPY VEGGIE CRACKERS MILK CHOICE	10 BLUEBERRY LEMON CRISPY BITES MILK CHOICE	11 CHEDDAR GOLDFISH MILK CHOICE	12 BABY CARROTS LIGHT RANCH DIP MILK CHOICE	13 ORIGINAL GRAHAMS MILK CHOICE
16 SMART COOKIES MILK CHOICE	17 APPLE SLICES MILK CHOICE	18 SIMPLE STRAWBERRY CHEX MILK CHOICE	19 APPLE CINNAMON MUFFIN MILK CHOICE	20 CHEEZ-IT CRACKERS MILK CHOICE
23 RASPBERRY MINI BITES MILK CHOICE	24 CHEDDAR GOLDFISH MILK CHOICE	25 BABY CARROTS LIGHT RANCH DIP MILK CHOICE	26 ORIGINAL GRAHAMS MILK CHOICE	27 <u>OPEN SITE MENU:</u> APPLE SLICES MILK CHOICE
30 ANIMAL CRACKERS 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.

