

# JANUARY

## Elementary Snack Menu

We accept free and reduced-price meal applications all year long. Contact your school for an application. They are also available on-line at: <https://nutrition.isdschools.org/>

Meal Prices	
<b>Student</b>	
Breakfast	\$1.60
Reduced	.30
Lunch	\$2.65
Reduced	.40
<b>Adult</b>	
Breakfast	\$2.00
Lunch	\$3.45
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 MypaymentsPlus.com

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 <b>OPEN SITE MENU</b> CRISPY CHEDDAR CRACKERS MILK CHOICE	3 ANIMAL CRACKERS MILK CHOICE	4 GOLDFISH CRACKERS MILK CHOICE
7 CRISPY VEGGIE CRACKERS MILK CHOICE	8 RASPBERRY MINI BITES MILK CHOICE	9 APPLE SLICES MILK CHOICE	10 ANNIE'S BUNNY GRAHAMS MILK CHOICE	11 SMART COOKIES MILK CHOICE
14 LEMON/BLEUBERRY CRISPY BITES MILK CHOICE	15 ANIMAL CRACKERS MILK CHOICE	16 CRISP BABY CARROTS LIGHT RANCH DIP MILK CHOICE	17 CRISPY CHEDDAR CRACKERS MILK CHOICE	18 <b>OPEN SITE MENU</b> SCOOBY SNACKS MILK CHOICE
21 	22 GOLDFISH CRACKERS MILK CHOICE	23 CRISPY VEGGIE CRACKERS MILK CHOICE	24 APPLE SLICES MILK CHOICE	25 ORIGINAL GRAHAMS MILK CHOICE
28 ANIMAL CRACKERS MILK CHOICE	29 LEMON/BLEUBERRY CRISPY BITES MILK CHOICE	30 CRISPY CHEDDAR CRACKERS MILK CHOICE	31 SCOOBY SNACKS 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.

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