



# January ~~2018~~ 2019

## High School 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/>

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Happy New Year</i>	2 <b>NO SCHOOL</b>	3 LEMON/BLEUBERRY CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	4 CHEDDAR GOLDFISH CRACKERS PEANUT BUTTER CUP MILK CHOICE
	7 ORIGINAL GRAHAMS PEANUT BUTTER CUP MILK CHOICE	8 CHEEZ-IT CRACKERS PEANUT BUTTER CUP MILK CHOICE	9 BABY CARROTS PEANUT BUTTER CUP MILK CHOICE	10 SMORES GRANOLA BAR PEANUT BUTTER CUP MILK CHOICE	11 SUNFLOWER SEED KERNELS PEANUT BUTTER CUP MILK CHOICE
	14 HOT & SPICY GOLDFISH CRACKERS PEANUT BUTTER CUP MILK CHOICE	15 LEMON/BLEUBERRY CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	16 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	17 CRISPY VEGGIE CRACKERS PEANUT BUTTER CUP MILK CHOICE	18 <b>NO SCHOOL</b>
	21 	22 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	23 BABY CARROTS PEANUT BUTTER CUP MILK CHOICE	24 ORIGINAL GRAHAMS PEANUT BUTTER CUP MILK CHOICE	25 CHEETO PUFFS PEANUT BUTTER CUP MILK CHOICE
	28 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	29 CINNAMON CRISPS PEANUT BUTTER CUP MILK CHOICE	30 CRISPY VEGGIE CRACKERS PEANUT BUTTER CUP MILK CHOICE	31 LEMON/BLEUBERRY CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	

Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.80
Reduced	.40
Adult	
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, D.C. 20250-9410



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 [MypaymentsPlus.com](http://MypaymentsPlus.com)