

January



Middle School Snack Menu 2020

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 	2	3
6 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	7 CINNAMON CRISPS PEANUT BUTTER CUP MILK CHOICE	8 CRISPY VEGGIE CRACKERS PEANUT BUTTER CUP MILK CHOICE	9 BLUEBERRY LEMON CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	10 GOLDFISH CRACKERS PEANUT BUTTER CUP MILK CHOICE
13 ORIGINAL GRAHAMS PEANUT BUTTER CUP MILK CHOICE	14 CHEEZ-IT CRACKERS PEANUT BUTTER CUP MILK CHOICE	15 BABY CARROTS LIGHT RANCH DIP MILK CHOICE	16 GRANOLA BAR SMORE PEANUT BUTTER CUP MILK CHOICE	17 SUNFLOWER SEED KERNELS PEANUT BUTTER CUP MILK CHOICE
20 Martin Luther King, Jr.	21 BLUEBERRY LEMON CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	22 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	23 APPLE SLICES PEANUT BUTTER CUP MILK CHOICE	24 SIMPLY STRAWBERRY CHEX PEANUT BUTTER CUP MILK CHOICE
27 GRANOLA BAR SMORE PEANUT BUTTER CUP MILK CHOICE	28 SUNFLOWER SEED KERNELS PEANUT BUTTER CUP MILK CHOICE	29 BABY CARROTS LIGHT RANCH DIP MILK CHOICE	30 ORIGINAL GRAHAMS PEANUT BUTTER CUP MILK CHOICE	31 CHEETO PUFFS 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