



Middle School Super Snack Menu 2020

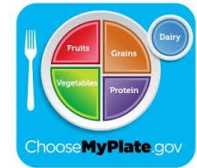
Meal Prices
Student
Breakfast \$1.80
Reduced .30
Lunch \$2.90
Reduced .40
Adult
Breakfast \$2.15
Lunch \$3.70
Extra Milk .50

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



WG=Whole Grain product

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Turkey Ham & Cheese Wrap Sliced Apples Baby Carrots Milk	3 Meat & Cheese Sticks WG Goldfish Crackers Amazin Raisins Mango Swirl Juice Milk	4 WG Turkey & Cheese Sandwich Sliced Apples Grape Tomatoes Milk	5 Chili Con Queso WG Crackers Honey Roasted Sunflower Seeds Applesauce Cup Mango Swirl Juice Milk	6 NO SCHOOL
9 WG Turkey Ham & Cheese Wrap Sliced Apples Baby Carrots Milk	10 Meat & Cheese Sticks WG Goldfish Crackers Amazin Raisins Mango Swirl Juice Milk	11 WG Turkey & Cheese Sandwich Sliced Apples Grape Tomatoes Milk	12 Chili Con Queso WG Crackers Honey Roasted Sunflower Seeds Applesauce Cup Mango Swirl Juice Milk	13 WG Turkey Ham & Cheese Sandwich Sliced Apples Baby Carrots Milk
16 WG Turkey Ham & Cheese Wrap Sliced Apples Baby Carrots Milk	17 Meat & Cheese Sticks WG Goldfish Crackers Amazin Raisins Mango Swirl Juice Milk	18 WG Turkey & Cheese Sandwich Sliced Apples Grape Tomatoes Milk	19 Chili Con Queso WG Crackers Honey Roasted Sunflower Seeds Applesauce Cup Mango Swirl Juice Milk	20 NO SCHOOL
23	24	25	26	27
SPRING BREAK March 20-March 27				
30 WG Turkey Ham & Cheese Wrap Sliced Apples Baby Carrots Milk	31 Meat & Cheese Sticks WG Goldfish Crackers Amazin Raisins Mango Swirl Juice Milk			



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

