### October Middle School Snack Menu 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Meals Prices</strong></td>
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<tr>
<td>Student</td>
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<tr>
<td>Breakfast</td>
<td>$1.80</td>
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<tr>
<td>Reduced</td>
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<tr>
<td>Lunch</td>
<td>$2.90</td>
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<td>Reduced</td>
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<tr>
<td>Adult</td>
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<tr>
<td>Breakfast</td>
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<tr>
<td>Lunch</td>
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<td>Extra Milk</td>
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**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

**Menu Options:**

**Monday:**
- ANIMAL CRACKERS
- MILK CHOICE
- BLUEBERRY/LEMON BITES
- MILK CHOICE
- GRAMMAR CRACKERS
- SIMPLY STRAWBERRY CHEX
- MILK CHOICE
- BLUEBERRY/LEMON BITES
- MILK CHOICE
- ANIMAL CRACKERS
- MILK CHOICE
- BLUEBERRY/LEMON BITES
- MILK CHOICE
- CRISPY CHEDDAR CRACKERS
- MILK CHOICE
- NO SCHOOL

**Tuesday:**
- VEGGIE CRACKERS
- MILK CHOICE
- BLUEBERRY/LEMON BITES
- MILK CHOICE
- VEGGIE CRACKERS
- MILK CHOICE
- GRAMMAR CRACKERS
- SIMPLY STRAWBERRY CHEX
- MILK CHOICE
- VEGGIE CRACKERS
- MILK CHOICE
- ANIMAL CRACKERS
- MILK CHOICE
- BLUEBERRY/LEMON BITES
- MILK CHOICE
- CRISPY CHEDDAR CRACKERS
- MILK CHOICE
- NO SCHOOL

**Wednesday:**
- 1
- VEGGIE CRACKERS
- MILK CHOICE
- 2
- CHEEZ-IT CRACKERS
- MILK CHOICE
- 3
- VEGGIE CRACKERS
- MILK CHOICE
- 4
- CHEEZ-IT CRACKERS
- MILK CHOICE
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**Thursday:**
- 1
- VEGGIE CRACKERS
- MILK CHOICE
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- CHEEZ-IT CRACKERS
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- VEGGIE CRACKERS
- MILK CHOICE
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- CHEEZ-IT CRACKERS
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**Friday:**
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- VEGGIE CRACKERS
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- 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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**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**

**We reserve the right to make menu substitutions as necessary**