



# SEPTEMBER

## High School Snack Menu

2018

<b>Meal Prices</b>
<b>Student</b>
Breakfast \$1.70
Reduced .30
Lunch \$2.80
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, D.C. 20250-9410



Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>HAPPY LABOR DAY</b>	4 CINNAMON CRISPS PEANUT BUTTER CUP MILK CHOICE	5 CRISPY VEGGIE CRACKERS PEANUT BUTTER CUP MILK CHOICE	6 LEMON/BLUEBERRY CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	7 CHEDDAR GOLDFISH CRACKERS PEANUT BUTTER CUP MILK CHOICE
10 ORIGINAL GRAHAMS PEANUT BUTTER CUP MILK CHOICE	11 CHEEZ-IT CRACKERS PEANUT BUTTER CUP MILK CHOICE	12 BABY CARROTS PEANUT BUTTER CUP MILK CHOICE	13 GRANOLA BAR SMORE PEANUT BUTTER CUP MILK CHOICE	14 SUNFLOWER SEED KERNELS PEANUT BUTTER CUP MILK CHOICE
17 HOT & SPICY GOLDFISH CRACKERS PEANUT BUTTER CUP MILK CHOICE	18 LEMON/BLUEBERRY CRISPY BITES PEANUT BUTTER CUP MILK CHOICE	19 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	20 CRISPY VEGGIE CRACKERS PEANUT BUTTER CUP MILK CHOICE	21 SIMPLY STRAWBERRY CHEX PEANUT BUTTER CUP MILK CHOICE
24 GRANOLA BAR SMORE PEANUT BUTTER CUP MILK CHOICE	25 PRETZEL HEARTS PEANUT BUTTER CUP MILK CHOICE	26 BABY CARROTS PEANUT BUTTER CUP MILK CHOICE	27 ORIGINAL GRAHAMS PEANUT BUTTER CUP MILK CHOICE	28 <b>NO SCHOOL</b>



My Plate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.

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)