



SEPTEMBER

2018

Middle School Snack Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
3 HAPPY LABOR DAY	4 CINNAMON CRISPS MILK CHOICE	5 CRISPY VEGGIE CRACKERS MILK CHOICE	6 LEMON/BLUEBERRY CRISPY BITES MILK CHOICE	7 GOLDFISH CRACKERS MILK CHOICE
10 ORIGINAL GRAHAMS MILK CHOICE	11 RASPBERRY MINI BITES MILK CHOICE	12 BABY CARROTS, LIGHT RANCH DIP MILK CHOICE	13 GRANOLA BAR SMORE MILK CHOICE	14 SUNFLOWER SEED KERNELS MILK CHOICE
17 SPICY GOLDFISH CRACKERS MILK CHOICE	18 LEMON/BLUEBERRY CRISPY BITES MILK CHOICE	19 PRETZELS HEARTS MILK CHOICE	20 CRISPY VEGGIE CRACKERS MILK CHOICE	21 RASPBERRY MINI BITES MILK CHOICE
24 GRANOLA BAR SMORE MILK CHOICE	25 PRETZEL HEARTS MILK CHOICE	26 BABY CARROTS, LIGHT RANCH DIP MILK CHOICE	27 ORIGINAL GRAHAMS MILK CHOICE	28 NO SCHOOL



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