



## IMPORTANT INFORMATION ABOUT WHAT IS AND ISN'T INCLUDED IN YOUR FREE/REDUCED LUNCH BENEFIT

### Elementary Students

PLEASE NOTE THAT THE FREE/REDUCED LUNCH BENEFIT APPLIES ONLY TO THE FOLLOWING:

- A standard school Lunch
- A "Step It Up" Lunch
- A Yogurt Parfait Lunch
- A Bagged Lunch for a Field Trip\*

Each of the four options listed above include one milk and one entrée with the meal. If your child wishes to purchase additional cartons of milk, or additional entrées they will be charged \$.45 for each additional milk and \$2.55 for each additional entrée.

**If your child brings a lunch from home and purchases milk, he/she will be charged \$.45 for each carton of milk. The free/reduced lunch benefit does not apply to milk only purchases.**

#### **\*Field Trip Lunch**

If you would like Food Service to provide a bagged lunch for a field trip please contact your student's teacher as soon as possible, the teacher will turn in a count to the kitchen 2 days prior to the fieldtrip. You do not need to inform the teacher that your student is part of the free/reduced lunch program- bagged lunches for field trips are available for any student who requests one.

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### Middle/High School Students

PLEASE NOTE THAT THE FREE/REDUCED LUNCH BENEFIT APPLIES ONLY TO THE FOLLOWING:

- A standard school Lunch
- A "Step It Up" Lunch
- A Yogurt Parfait Lunch
- A meal which meets the qualifications of a "Build A Meal" lunch.

**The options above must be a full meal to be part of the free/reduced program— an entrée by itself will be charged as ala carte.**

Each of the four options listed above include one milk and one entrée with the meal. If your child wishes to purchase additional cartons of milk, or additional entrées they will be charged \$.45 for each additional milk and \$2.55 for each additional entrée.

**A La Carte items are NOT eligible for the free/reduced lunch benefit unless they meet the qualifications of a "Build A Meal".**

Please see the next page for more information on the "Build a Meal" option and ala carte options and pricing.

## “BUILD A MEAL” MENU OPTION (Secondary Students Only)

The Build A Meal option at the Middle/High schools allows students to select ala carte entrees with a side of fruit or vegetable to equal the standard school lunch price. The Build A Meal option is available to ALL students, including those who are eligible for free or reduced price lunches.

In order to qualify for the Build A Meal, the student must choose 1 entrée/sandwich/pizza **and** 1 to 3 side items from the list below – **at least 1 side item MUST be a fruit or vegetable:**

**1 entrée (Sandwiches, Pizza, chicken nuggets, cheese sticks, etc) and 1 to 3 of the following:**

- Side Salad
- Vegetable (Hot or cold)
- Fruit (whole, cut up, applesauce, raisin, etc)
- When Available - Select Fruit/Vegetable Drinks (must be from the salad bar-not the cooler)
- Fries (Available as Build A Meal choice ONLY ON FRIDAYS)
- 1 milk

### Build A Meal Examples:

Monday – Thursday: Pizza, milk, side salad, and apples = Build A Meal, Cheeseburger and carrots = Build A Meal

Friday: Hamburger, milk, fries and applesauce = Build A Meal

Items such as nachos, hot pretzels, chips, ice cream, fruit snacks, bottled beverages are **not** part of the Build A Meal option. These items are sold as a la carte items and must be paid for separately by **all** students at their full price.

### A LA CARTE MENU ITEMS & PRICES\*

Apple dippers	\$1.25
Bagel	\$0.65
Beef Jerky	\$2.00
Bottled large drinks	\$1.50
Bottled small drinks	\$1.00
Chef or specialty salad	\$2.55
Chips, assorted flavors	\$1.00
Chocolate chip cookie,	\$0.50
Frosted Cookie	\$0.50
Packaged Cookie	\$0.65
Cold or hot sandwich or wrap	\$2.55
Cup of cheese, cream cheese, salsa	\$0.35
Fries, tater tots, etc	\$0.75
Fruit snacks	\$0.75
Fruit, fresh	\$0.50
Fruit, portioned or packaged	\$0.50
Gum	\$2.00
Ice cream	\$1.50
Juice box	\$0.75
Milk	\$0.45
Muffin	\$0.75
Nachos Chips or Pretzel - NO CHEESE (cheese sold separately)	\$1.00
Pickle, whole	\$0.50
Pizza	\$2.55
Salad (entrée)	\$2.55
Salad (side)	\$0.50
Smoothie Small	\$2.00
Smoothie Large	\$2.50
Soup	\$1.50
String Cheese	\$0.35
Water bottle	\$1.50
Yogurt Small	\$1.00
Yogurt Parfait	\$2.55
Yogurt – Frozen (Yo Mama! Brand)	\$3.00

\* This list is only a guide. Availability of items may vary. Prices subject to change without notice.