

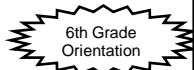
August 2009



Nutrition Services

Middle Schools Breakfast and Lunch Menu

www.usd259.com/parents/nutritionservices

Breakfast - Select at least 3 of the 4 items			Lunch - Select 1 entrée and at least 1 choice item.	
August 10	August 11	August 12	August 13	August 14
District Inservice Day	District Inservice Day	District Inservice Day	District Inservice Day	Breakfast Strawberry Bar *Assorted Cereal Orange Juice Milk 
				Lunch ~Eggroll, Fried Rice, Strawberry Bar CHOICES ARE: Cooked Broccoli & Cheese, Tropical Fruit, Milk
August 17	August 18	August 19	August 20	August 21
Breakfast *Strawberry Toaster Pastry *Assorted Cereal Apple Juice Milk	Breakfast ~*Ham & Cheese Stuffed Biscuit Potato wedge *Assorted Cereal Milk	Breakfast *Blueberry Bread Whole Orange *Assorted Cereal Fruit Blend Juice Milk	Breakfast ~Breakfast Bites Large Banana *Assorted Cereal Milk	Breakfast Strawberry Bar *Assorted Cereal Orange Juice Milk
Lunch Grilled Chicken on Wheat Bun, Sweet Stixs, Brownie CHOICES ARE: Peas and Carrots, Rosy Applesauce, Milk	Lunch Meatloaf, Mashed Potatoes & Gravy, Biscuit CHOICES ARE: Vegetable Medley, Red Grapes, Milk	Lunch Chicken Nuggets, Apricot Discs, *Apple Cinnamon Bar CHOICES ARE: Whole Kernel Corn, Seasoned Potatoes, Milk	Lunch Spaghetti Pie, Pineapple Tidbits, *Banana Bread CHOICES ARE: Garden Salad, Cooked Broccoli & Cheese, Milk	Lunch Cheeseburger on Wheat Bun, Sweet Stixs, ^Baked Beans CHOICES ARE: Orange Wedges, Chocolate Chip Cookie, Milk
August 24	August 25	August 26	August 27	August 28
Breakfast *Glazed Donut Whole Orange *Assorted Cereal Milk	Breakfast *Banana Bread *Assorted Cereal Fruit Blend Juice Milk	Breakfast Griddle Cakes with ~Sausage Potato Wedge *Assorted Cereal Apple Juice Milk	Breakfast ~Breakfast Pizza Large Banana *Assorted Cereal Milk	Breakfast *Breakfast Bun String Cheese *Assorted Cereal Milk
Lunch Sweet & Sour Chicken, White Rice, Snickerdoodle Cookie CHOICES ARE: Green Peas, Peach Slices, Milk	Lunch Steak Fingers, Sweet Stixs, Brownie CHOICES ARE: Whole Kernel Corn, Mixed Fruit, Milk	Lunch #Delivery Pizza, Apricot Discs, *Apple Cinnamon Grahams CHOICES ARE: Green Beans, Tropical Fruit, Milk	Lunch Stacked Enchiladas, Spanish Rice, Mini Chocolate Chip Cookies CHOICES ARE: ^Refried Beans, Fresh Broccoli, Milk	Lunch Spicy Chicken on Wheat Bun, Sweet Stixs, Cooked Carrots CHOICES ARE: Apple Slices, Fruit Snacks, Milk

^*Peanut Butter and Jelly Sandwich, Chef Salad and ^Yogurt Parfait are daily lunch entrée choices.

*Whole Grain ^Vegetarian ~Pork

#Variety of toppings - including pork and vegetarian

Menu Subject to Change.

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August 31
Breakfast
*Strawberry Toaster Pastry *Assorted Cereal Apple Juice Milk
Lunch
^Cheese Quesadilla, *Chips & Salsa, Crispy Rice Treat
CHOICES ARE: Garden Salad, Applesauce, Milk

Meal Prices

Breakfast

Full Price - \$1.25
Reduced Price - \$.30

Lunch

Full Price - \$2.05
Reduced Price - \$.40

**Prepay for School Meals
ONLINE
or by TELEPHONE**

www.mealpayplus.com
1-866-736-9007

Apply Online for Free/Reduced Price Meals

Parents can now use a new online free/reduced price meal application to apply for meal benefits! To apply for meal benefits, the parent or guardian must enter the student's birthdate and either the name of the student or the student identification number, and then provide the information as required for a valid application. The application is signed electronically to complete the process.

Why use the online application? It is secure and private, and ensures that when all required information is provided the application will be immediately transmitted to the USD 259 Nutrition Services office where it will be processed for meal benefits within two business days. Households will receive written notification of benefits, the same as if a paper application was submitted. If you do not have access to the internet and want to complete an application for benefits, you can contact the school office for a paper application and instructions as in the past.

There are Choices!

The School Breakfast and Lunch Program provides students the opportunity to choose only those foods they intend to eat. This "Offer" system is designed to give students the opportunity to select foods they want to eat and to reduce food waste. The School Breakfast and Lunch Program has nutrient standards for school food service programs to follow. According to these standards, the breakfast menu will provide approximately one-fourth of a student's daily nutritional needs. Lunch menus will provide approximately one-third of the daily nutritional needs. However, the fewer menu items selected and eaten, the less nutritional benefit you receive. The price per meal remains the same whether you select the minimum number of items or all of the meal items. At breakfast, students must take no less than three of the four items offered and at lunch, students must choose an entree and at least one of the three choices offered. In the student's selection, they must take different items. For instance at breakfast, you may not take two servings of cereal and count that as two items. In the sections on the right is a more detailed explanation on how the "Offer" system works. Please contact your Nutrition Services Cafeteria Manager if you have any questions or concerns about the menu. Check the menus daily to know what menu items are available.

Breakfast

Includes:	Sample Menu:	
1. Featured Item	Granola Bar	
2. Cereal	Assorted Cereal	
3. Juice	Orange Juice	
4. Milk	Milk	

Students must take no less than 3 of the 4 items offered.
Example meal combinations are:

Example #1	Example #2	Example #3
Granola Bar	Granola Bar	Cereal
Cereal	Cereal	Orange Juice
Milk	Orange Juice	Milk
	Milk	

Lunch

Includes:	Sample Menu:	
1. Entree	Entree- Chili Burrito, Apple Grahams	
2. Fruit	Fruit - Applesauce	
3. Vegetable	Vegetable - Baby Carrots	
4. Milk	Milk	

Students must choose an entrée and at least 1 of the 3 choices offered.
Example meal combinations are:

Example #1	Example #2	Example #3
Entrée – (Chili Burrito, Apple Grahams)	Entrée – (Chili Burrito, Apple Grahams)	Entrée – (Chili Burrito, Apple Grahams)
Applesauce	Applesauce	Milk
Baby Carrots	Milk	
Milk		

*Whole Grain ^Vegetarian ~Pork
#Variety of toppings - including pork and vegetarian

Menu Subject to Change.

This institution is an equal opportunity provider.