



# WELCOME TO DELICIOUS & NUTRITIOUS

## NATIONAL SCHOOL BREAKFAST & LUNCH PROGRAM CHECKLIST:



Baked,  
never  
fried



Assorted  
fruits and  
vegetables



Whole  
grain



Low/No  
fat dairy  
products



Lean  
meats



### SEEKING MORE INFORMATION?

Call (817) 297-5940 and ask to speak to someone on the Food Service Management team.



## LET'S LOOK AT THE MENU

We realize that our youngest students have very particular food preferences. That's why our team of dietitians have created a menu just for them.

Every day your child will be able to select from

- Main entrée: This item will feature children favorites including mac-n-cheese, pasta and pizza
- Hot sandwich: It may be a cheeseburger, breaded chicken sandwich or hot dog – just to name a few!
- Salad: Fresh salad options vary each day. From a chef salad to a All-American Cobb Salad and many others in between.
- Cold sandwich: Some children want to keep it simple...and we have that too! A few selections include: turkey and cheese wrap and sunbutter and jelly.
- **NEW THIS YEAR:** Each day, the lunch menu will offer a vegetarian entrée option.

## DEPOSITING FUNDS

Money can be monitored and added onto a student account at:  
[www.myschoolbucks.com](http://www.myschoolbucks.com).  
Cash is always accepted.

### Pricing:

- Breakfast Full Pay: \$1.15
- Reduced Breakfast: \$0.30
- Free/BIC Breakfast: NA
- PreK-6 Lunch Full Pay: \$2.80
- Reduced Lunch: \$0.40
- Free Lunch: NA