School can get very busy at certain points during the year, but don’t get overwhelmed. Did you know that eating certain foods can actually help reduce your stress level? It’s true, try: fresh veggie sticks with low fat dip, yogurt with fresh fruit, chicken noodle soup or even baked fish sticks.

### LUNCH PRICES
- Type A Lunch Price: $1.90
- Reduced Lunch Price: $0.25
- Milk/Chocolate Milk: $0.50
- 100% Juice or Fresh Fruit: $0.45

### HEALTHY LUNCH ALTERNATES
- Low Fat American Cheese Sandwich
- Whole Wheat Bread
- Peanut Butter & Jelly Sandwich
- Whole Wheat Bread
- Whole Grain Bagel with Butter Cream Cheese, & Cheese

### SENSIBLE SNACKS
- Pretzel Rods,
- Whole Grain Cookies
- Baked Chips
- Animal Crackers
- Graham Crackers
- Dolphin Crackers
- Low-Fat Yogurt
- Quaker Rice Cakes
- Fat=7 grams or less
- Sat Fat=2 grams or less
- Sodium=360mg or less
- Sugar=15 grams or less

### Blueprint of School Meals for the Week

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>1/2 Turkey &amp; Cheese Wheat Bagel Melt Carrot Sticks Chilled Pears</td>
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### Prepaid Lunch Tickets
- Secondary 20 Day Lunch $44.00
- Primary / Inter 20 Day Lunch $37.00
- All Schools 20 Day Breakfast $24.00
- Secondary Half Year Lunch $175.50
- Primary / Inter Half Year Lunch $148.00
- All Schools Half Year Breakfast $108.00
- Secondary Full Year Lunch $351.00
- Primary / Inter Full Year Lunch $296.00
- All Schools Full Year Breakfast $216.00

### Breakfast Menu
- All Breakfast are served with choice of Milk, Juice or Fresh Fruit
- All Cereal Served with a side of Graham Crackers

### Menu Notes
- V=VEGETARIAN SELECTION
- 🍎=HEALTHIER CHOICE
- P=PORK PRODUCT

*If you have a food allergy, please speak to the Coo, Manager, or your Server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.