

# JACKSON COUNTY PUBLIC SCHOOLS NUTRITION

SCHOOL YEAR 2016-2017

## Breakfast Prices

- Student Paid Breakfast (K-12).....\$1.20
- Adult Breakfast.....\$1.20
- Milk (1/2 Pint).....50¢

**MAKE YOUR BREAKFAST PLATE GREAT!**

Must Take 3 Out of 4 Food Items to Fill Your Plate...



Did you know that school meals are planned to meet the Dietary Guidelines for Americans? School breakfast and lunch meals are nutrient dense, trans fat-free, low in fat, and they taste good! Children who eat a nutritious breakfast & lunch are ready to learn.

Please join us!

## Lunch Prices

- Student Reduced Lunch (K-12).....40¢
- Student Paid Lunch (K-3)..... \$2.45
- Student Paid Lunch (4-12).....\$2.70
- Adult Lunch.....\$3.50
- Adult Holiday/Special Lunch.....\$5.00
- Milk (1/2 Pint).....50¢

### 5 Food Components Fill Your Lunch Tray...

Choose at Least 3 to **MAKE YOUR TRAY TERRIFIC!**



**MAKE A TERRIFIC TRAY TODAY!**

Jackson County Child Nutrition Program receives federal funding for the National School Breakfast and Lunch Program from the US Department of Agriculture. Free and Reduced Meal Applications are available on our website and may be completed any time during the school year.



Make meal payments and monitor your student's purchases at LunchPrepay.com.

It is the procedure of Jackson County Public Schools:

- Elementary school students may only charge a meal which includes a milk and not any a la carte items.
- Elementary school students may charge up to \$10.00
- High school students are not permitted to charge meals or a la carte items, including milk.
- An alternate meal of a cheese sandwich, fruit, vegetable, and milk will be offered to students.
- Parents are responsible for payment of meals charged to student accounts.

- Meals are planned in accordance with USDA guidelines to include a balance of dark green, red/orange, beans/peas and starchy vegetables
- Canned fruits are packed in natural juices or light syrup
- Each student may select one milk choice at breakfast and/or lunch: 1% White, Fat Free White, Fat Free Chocolate
- For lunch, all students have the entrée option of a hot meal, pre-plated salad, yogurt plate or peanut butter and jelly sandwich.
- A la Carte choices emphasize healthy selections such as WG reduced fat or baked chips, low fat ice cream, 100% fruit juice products
- All items are whole grain (WG) and kids rarely notice such as pizza crust, sandwich bread, hot dog & hamburger buns
- School menus are available on the school website
- Menu is subject to change due to product availability, weather or administrative directives

### Special Dietary Needs?

For complete nutritional content, carbohydrate counts and allergen information please visit the Jackson County Public Schools website/Child Nutrition

When a student needs school meal modifications, a Medical Statement for Students with Special Needs for School Meals must be completed by a physician. This form is on the school website/Child Nutrition.