

## SCHOOL LUNCH PROGRAM INFORMATION

### MEAL PRICES:

For the 2018-2019 school year, middle and high school student lunches are \$3.00. Students may also purchase milk separately for \$.60. We also offer a variety of low-fat, low-sugar snacks, ice cream and beverages that range from \$.50 to \$1.50.

Our cafeteria serves breakfast daily from 7:10 a.m. to 7:30 a.m. The breakfast meal includes a variety of whole grain and lean protein options and is served with 2 servings of fruit or a fruit and 100% fruit juice, as well as low-fat or fat-free milk. Ala carte items are also available for purchase at this time.

### MEAL PAYMENT:

For your convenience, we encourage pre-payment of meals and snacks. Payment options are as follows:

- Create an on-line account with MySchoolBucks.com to have accessibility to your student's account and be able to deposit money on-line. (There is a link available on our website, nwr7.com, under District/Food Services/MySchoolBucks). Student PIN numbers will be mailed to each household during the month of August 2018.
- Checks can be made out to: Northwestern Regional School and brought directly to the cashier to be deposited in your child's account.
- Cash is always accepted for deposit or just a single transaction.

### OUR MEALS:

All of our meals are oven-baked or fresh-steamed. All of our bread and products are whole grain including pasta, rice, sandwich breads and rolls, breaded chicken and pizza crust.

All milk choices are 1% or fat free.

Students are offered a choice of four \$3.00 meals per day:

- **MAIN FARE:** Our hot meal of the day, vegetable of the day, up to 2 fruit and veggie cups and 1 milk.
- **DELI MEAL:** Freshly made sandwich choice, vegetable of the day, up to 2 fruit and veggie cups and 1 milk.
- **PRE-MADE SALADS:** Pre-made chef or cheese topped salad, 1 dinner roll, vegetable of the day, up to 2 fruit and veggie cups and 1 milk.
- **GRAB 'N GO BOX:** Smucker's PB & J uncrustable; yogurt, fruit, graham cracker. Students may also take an additional fruit, 2 additional vegetables and 1 milk.

We also offer a salad bar every day that is an ALA CARTE item ONLY. The price for this is \$4.50 per pound and \$.10 extra for each additional ounce. THIS IS NOT A \$3.00 MEAL CHOICE!

**Free and Reduced-Price lunches are available due to the school's participation in the National School Lunch Program. Applications are available on line and in a mailing done during the month of August 2018.**