



## Olentangy Schools Food Service Middle School Breakfast Program

Olentangy middle schools are pleased to participate in the National School Breakfast Program, which makes a balanced, nutritious breakfast available to all students.

Breakfast is available daily at all Olentangy middle school buildings. Please consult with your individual building as to the time and location of breakfast.

Breakfast consists of 4 items:

- An entrée, which is 2 items (whole grain-rich grains, example pancakes, or a whole grain-rich grain and a protein, example muffin and yogurt)
- Fruit, vegetable or juice\*
- Fat-free or low-fat milk

**Students may take all 4 items, but must select at least 3 of the 4 items.**

**\*Students may take up to 2 servings of fruit, vegetable, or juice as part of their breakfast, but must select at least 1 serving.**

Breakfast is served “grab and go” so that students can quickly pick up their meal to eat. The breakfast menu is included on the district food service website so that students may know in advance what is being offered each day. Alternative menu options are available for students with medically documented food allergies or other special dietary needs.

The price for breakfast, which includes milk, is \$1.50. If your student is currently participating in the free or reduced-price lunch program, they are automatically eligible for breakfast as well. The free price for breakfast is \$0.00 and the reduced-price breakfast is \$0.30. Students will use their meal account to purchase breakfast, so you will want to plan accordingly when depositing funds to their account.

If you have not applied for the free or reduced-price meal program, but believe you may qualify, you may apply at any time. Applications can be filled out online at [www.lunchapplication.com](http://www.lunchapplication.com) or paper applications are available in the school office or on the district website.

If you have any questions about the breakfast or lunch programs please feel free to call the district food service office at 740-657-4053, or your building cafeteria manager.

This institution is an equal opportunity provider.