

Waivers for free meals expired in June 2022.



Free/ Reduced meal applications are available through Infinite Campus or OPI, visit [cfmthschools.net](http://cfmthschools.net) for more information

*Glacier Gateway and Ruder Elementary Breakfast and Lunch Menu*

**August 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast prices Paid \$1.75 Reduced \$0.30 Free Lunch prices Paid \$3.00 Reduced \$0.40 Free Please fill out a Free/Reduced meal application today		24 <sup>th</sup> Cereal or Muffin with string cheese strawberries, raisins and milk <hr/> Turkey sub or peanut butter and jelly sandwich Celery sticks, baby carrots, applesauce pouch, mandarin oranges and milk	25 <sup>th</sup> Cereal bar or Nutri-grain bar, Gogurt, peaches, and milk <hr/> Ham and cheese sandwich or chicken ranch wrap Potato salad, melon and milk	26 <sup>th</sup> Cereal or Breakfast bar, beef stick, sliced apples, and milk <hr/> Grilled chicken sandwich or grilled cheese sandwich Mixed salad, pineapple, pears and milk
29 <sup>th</sup> Mini Cinnis or Cream cheese filled bagel, yogurt, fruit cup, craisins and milk <hr/> Hamburger or cheeseburger Tater tots, baby carrots, peach parfait, mandarin oranges and milk	30 <sup>th</sup> . Dutch waffle, sausage link, berries, orange juice and milk <hr/> Chicken tenders or ham sandwich Macaroni salad, baked beans, melon and milk	31 <sup>st</sup> . Cereal or cereal bar, string cheese, banana and milk <hr/> Pizza pocket or Peanut butter and jelly sandwich Mixed salad, cucumbers, canned pears, peaches and milk		