



School Lunch Fast Facts Every Parent Should Know:

Every child in the Millbrook Central School District has a school lunch account, regardless of whether they purchase meals or snacks in the cafeteria. It is accessed by student ID number and name.

We encourage ALL families to complete a free reduced meal application each September or any time there is a change in household size or income.

Your child(ren) may be eligible to receive FREE meals at school.

Prepay for your child (ren’s) meals. You may prepay meals by:

1. **Cash, check or money order** – Please make checks payable to Millbrook CSD School Lunch Fund. Please include your child’s name and student ID# in the memo section.
2. **K-12 Payment Center** – Visit us at millbrookcsd.org, click the lunch bag (top right), follow the instructions found in the lunch prepay information. You will need your child (ren’s) student ID and name. You may also check your child (ren’s) account balance, view account purchases and receive alerts. **You do not have to apply money this way, but will still have access to view the account(s).**

Meal Prices

Breakfast – Elementary \$2.00
Breakfast - Middle \$2.25
Breakfast - High School \$2.50
Breakfast - Adult \$2.77 + .0825% = \$3.00

Lunch - Elm \$3.25 Lunch - Alden \$3.50
Lunch - MMS \$3.75
Lunch – MHS \$4.00
Lunch - Adult \$5.54 + .0825% = \$6.00

1 GREAT TRAY

A healthy lunch consists of five components:

- Milk
- Fruit
- Vegetable
- Grain
- Protein



Eat Smart! Make choices from all five food groups daily!

Students are **REQUIRED** to choose 3 of the 5 components with **at least 1 fruit or vegetable to make a lunch.**

Available Daily as a Student and Staff Lunch:

Meal of the Day (Featured on the Menu)

Deli Sandwich on a Roll (Ham, Turkey, or Italian Combo) with Veggies

PB & J on Whole Grain Bread with Veggies

Daily Salad Choice: Garden or Caesar Salad with or with out Chicken or Chef Salad

K-5 – Yogurt Meal – Low fat Yogurt, String Cheese, Whole Grain Crackers, Smart Muffin, Veggies