

KEEPING UP WITH THE TINES

Grades 7-8



NATIONAL SCHOOL BREAKFAST & LUNCH PROGRAM CHECKLIST:



Baked, never fried



Assorted fruits and vegetables



Whole grain



Low/No fat dairy products



Lean meats



SEEKING MORE INFORMATION?

Call (817) 297-5940 and ask to speak to someone on the Food Service Management team.



HERE'S THE SCOOP

The choice is yours at breakfast and lunchtime. There are no mystery meals here. And the **daily** options are endless – check them out!

- **Grill** including burgers and chicken patties
- **Bistro** including fresh salads, sandwiches, pasta and baked potatoes
- **Pizzeria** with weekly pasta specials and cheese and pepperoni pizzas served daily
- **Made-to-Order** station that rotates daily with nachos, chicken mashed potato bowls and deli

DEPOSITING FUNDS

Money can be monitored and added onto a student account at: www.myschoolbucks.com.

LOOKING FOR A SNACK?



In middle school you will also have additional choices of a la carte selections that include:

- 100% Juices
- Bottled water
- Cookies (Whole Grain)
- Chips (Baked)
- Rice Krispies
- ...and many others!

Pricing:

- Breakfast Full Pay: \$1.15
- Reduced Breakfast: \$0.30
- Free/BIC Breakfast: NA
- 7-12 Lunch Full Pay: \$3.05
- Reduced Lunch: \$0.40
- Free Lunch: NA