



WELCOME TO DELICIOUS & NUTRITIOUS

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.



LET'S LOOK AT THE MENU

We realize that our youngest students have very particular food preferences. That's why our team of dietitians have created a menu just for them.

Every day your child will be given a

- Main entrée: We offer various hot meal options including mac-n-cheese, pizza, salads, cheeseburgers and cold sandwiches just to name a few. Each day students may request the vegetarian entrée of the day if desired.
- Fruit: Selections include a variety of fresh and canned options to ensure students get optimum nutrition.
- Vegetable: Both hot and cold selections allow students to eat the rainbow.
- Milk: Only white 1% milk is given to Pre-K students to limit added sugar.

SPECIAL RATES FOR PRE-K

All Pre-K students receive breakfast and lunch free of charge regardless of free/reduced status. However, money can be monitored and added onto a student account for a la carte purchases at: www.myschoolbucks.com. Cash is always accepted.

Pricing:

- Breakfast Full Pay: NA
- Reduced Breakfast: NA
- Free/BIC Breakfast: NA
- Lunch Full Pay: NA
- Reduced Lunch: NA
- Free Lunch: NA

Pre-K Meals are FREE to all students.