

AUGUST 2017

Elementary Breakfast & Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MY SCHOOLBUCKS

The Simple Way to Pay

FOR SCHOOL MEALS

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MEAL PRICES

~Breakfast~

- Students \$1.30
- Reduced Price - .30¢
- Adult - \$1.80

~Lunch~

- Students - \$2.75
- Reduced Price - .40¢
- Adult - \$3.25

Milk Varieties Offered Daily

- 8 oz. Cartons of:
- FF Chocolate
- FF Strawberry
- 1% Lowfat

Extra Milk or Milk Purchased Without Tray - .60¢

Each meal (Breakfast and Lunch) must contain at least 3 items - 1 of the items must be a fruit or vegetable

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2017-2018 Free and Reduced Meal Applications are available Online – Or if you prefer, paper applications will be sent home in your child’s Back to School Packet!

To fill out an application online:

Visit www.heartlandapps.com

Select your State (Texas) and then your School District (Red Oak ISD)

Follow the easy to use, step-by-step instructions to enter student and household information

Click “Apply” to submit your application for meal benefits!

It’s FAST and EASY – Applications submitted online can be approved faster, allowing students to receive meal benefits faster!

21

Breakfast
Cereal & Graham Cracker
Parfait w/ Graham Cracker
Sliced Peaches
Assorted Juice
Lunch
Pepperoni or Cheese Pizza
Seasoned Corn
Steamed Spinach
Fruit Cocktail

22

Breakfast
Cereal & Graham Cracker
Breakfast Pizza
Applesauce
Assorted Juice
Lunch
Orange Chicken
Garlic Broccoli
Seasoned Carrots
Diced Pears

23

Breakfast
Cereal & Graham Cracker
Wheat Toast & Colby Omelette
Diced Pears - Assorted Juice
Lunch
Chicken Nuggets
Fresh Baked Roll
Mashed Potatoes & Gravy
Green Beans
Sliced Peaches

24

Breakfast
Cereal & Graham Cracker
Kolache
Sliced Peaches - Assorted Juice
Lunch
Cheeseburger Meatloaf Sandwich
Grilled Chicken Sandwich
Fresh Baby Carrots
Tater Tots
Applesauce

25

Breakfast
Cereal & Graham Cracker
Stuffed Pancake on a Stick
Mandarin Oranges
Assorted Juice
Lunch
Chicken Fajita Tacos
Shredded Romaine & Diced Tomato
Pinto Beans
Spanish Rice
Fresh Grapes

28

Breakfast
Cereal & Graham Cracker
Bagel-ful w/ Strawberry
Fresh Orange
Assorted Juice
Lunch
Mini Turkey Corndogs
Steamed Carrots
Strawberry Spinach Salad
Applesauce

29

Breakfast
Cereal & Graham Cracker
Blueberry Pancake on a Stick
Applesauce - Assorted Juice
Lunch
General Tso Chicken
White Rice
Stir Fry Vegetables
Seasoned Corn
Diced Pears

30

Breakfast
Cereal & Graham Cracker
Parfait w/ Graham Cracker
Sliced Peaches - Assorted Juice
Lunch
Rotini w/ Meat Sauce
Chef Salad w/ Turkey
Garlic Breadstick
Steamed Spinach
California Vegetables
Fruit Cocktail

31

Breakfast
Cereal & Graham Cracker
Mini Beef Breakfast Sliders
Fresh Apple - Assorted Juice
Lunch
Beef & Cheese Nachos
Chef Salad w/ Ham
Refried Beans
Fresh Baby Carrots
Fresh Sliced Apples

DID YOU KNOW...
August was named after Augustus Caesar

How to make a Meal!

Students may take an entrée = 1 or 2 (=2 if grain is part of the entrée), a grain item = 1, two fruit choices = 2 if both are taken, two vegetable choices = 2 if both are taken, and a milk = 1 as part of a reimbursable meal. In order to make a complete reimbursable meal, students must select a fruit or vegetable option as part of their meal. **The items taken must = 3 or more (one of those must be fruit or vegetable)**