

# Leave Your Lunchbox at Home



~~~~~A MEAL IS YOUR BEST DEAL!~~~~~

## Lunch Done the Easy Way, in the Cafeteria!

Does packing your child's lunch have you down? Do mornings seem crazy enough? Let us do the work for you, School Lunch only costs from \$2.20 to \$2.40. It's hot or cold, healthy and nutritious and best of all, real easy. All meals meet all the new National School Lunch Program food standards for nutrition. Each meal includes the following and your child needs to take 3 out of 5 choices:

- Meat or meat alternate (age appropriate portion size)
- Grain (50% whole grain)
- Fruit (Fresh, frozen or canned)
- Vegetable (fresh or frozen)
- Milk (1% or fat free)

If you dare to compare prices of outside options they range from \$1.95 to \$3.65 and probably aren't as healthy and well rounded!

### **Lunchable - \$2.39**

Turkey & Cheese, no milk or vegetable

### **McDonald's Happy Meal - \$2.69**

### **Packed at Home - \$2.48**

Turkey Sandwich - \$0.98

Whole Apple - \$0.30

Bag of Chips - \$0.30

Yoplait Trix Yogurt - \$0.50

Capri Sun 100% Juice - \$0.40

**And the Winner is School Lunch!**

## Start Your Day off with a Smile, have Breakfast with us!

Is your morning Hectic, no time to cook a good breakfast? We can help here also, breakfast only costs between \$1.00 to \$1.10 and is a good way to get their brains off to a good start. For the price your child will get our entrée of the day (breakfast sandwich, pancakes, muffins, etc.) fruit or juice and milk.

For your convenience monies can be added to your child's account, or you can look at their 30 day buying history at [www.payforit.com](http://www.payforit.com).

## Cost of School Lunch

Elementary - \$2.25

Middle - \$2.25

High School - \$2.50

Reduced - \$0.40 & Free



## Cost of School Breakfast

Elementary - \$1.00

Middle - \$1.00

High School - \$1.10

Reduced - \$0.30 & Free

## Cafeteria Contact Info:

Food Service Director

Marlene Hines

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Email - [glc@nsfm.com](mailto:glc@nsfm.com)