

APPS Food Services: "First Things First"

BREAKFAST SERVED IN ALL SCHOOLS



Breakfast @ School for first class learning!

FOR A COMPLETE AND BALANCED BREAKFAST:

- *Choose 1 serving of fruit, 100% fruit juice, or vegetable
- Choose at least 2 other delicious and nutritious options. We serve both hot and cold breakfast menu items everyday:
 - Healthy whole grain entrée options
 - Healthy protein entrée options
 - Low-fat White Milk or Fat-Free Chocolate or Strawberry Milk, and 100% fruit juice available with all meals.

DON'T FORGET!

STUDENTS MUST HAVE ONE SERVING OF FRUIT, JUICE OR VEGETABLE TO MAKE A COMPLETE MEAL

Please join us for breakfast every day in all school cafeterias!

All Schools Serve Breakfast:

BREAKFAST TIMES:

ELEMENTARY

8:05 am until 8:30 am

MIDDLE SCHOOL AND HIGH SCHOOL

7:00 am until 7:40 am

COMMUNITY SCHOOL

7:20 am until 7:50 am

BREAKFAST PRICING:

- **FREE** breakfast for students who qualify for free meal benefits
- **REDUCED PRICE** Only **\$0.30** for students who qualify for reduced meal benefits

FULL PAY STUDENTS still a great value for a complete breakfast:

- \$1.50 for full pay students at all grade levels
- \$2.00 for staff at all buildings

Free and Reduced Priced Meal applications available in all school offices or on the District website

APPS Food Services: LUNCH TIME!



Did you know?

APPS meets all of the USDA requirements for calorie, sodium, and fat maximums. More choices of fruits and vegetables, and less than 10% saturated fat and zero trans fat in all of the meals, snacks, and beverages we serve every day.

- ~ Grains served are whole-grain rich
- ~ Fat-free and low-fat milk and 100% fruit juice offered with all meals
- ~ **DON'T4GET!** Students must choose at least ONE fruit or vegetable and at least THREE other items for a complete lunch

Many of our menu items are new or have been reformulated for good health and to meet the ultimate flavor profiles the students love. SO PLEASE JOIN US FOR LUNCH!!!

LUNCH PRICING:

- o **FREE** lunch for students who qualify for free meal benefits
- o **REDUCED PRICE LUNCH Only \$0.40** for students who qualify for reduced meal benefits

FULL PRICE STUDENTS still a great value for a complete meal at:

- o Elementary - \$2.50
- o Middle School, High School, and Community School- \$3.00-\$3.25

FREE AND REDUCED PRICED MEALS:

- If you think your family may qualify, Free and Reduced Priced Meal Applications are available in all school offices and on the District website.
- Benefit recipients may also receive waived or a reduction in some athletic or other school fees.

Remember APPS's meets all government regulations for calories, saturated fat, zero trans fats and whole grain products for all meals, snacks and beverage items. A fantastic nutritional value for every item we serve.

PLEASE GIVE OUR MEALS A TRY THIS YEAR!!!