



# BASS ELEMENTARY SCHOOL

July, 2013

## Breakfast & Lunch Menu



## Welcome Back

## WINNER!

Kids excel in school when they eat well. That's what we're here for, and that's why we try to offer our families a great value. Everybody's a winner!

### Breakfast Lunch

**\$1.05** **\$1.15** **\$2.00** **\$2.20**  
Elementary Secondary Elementary Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district: 434-515-5064 or email [sprinklemk@lcsedu.net](mailto:sprinklemk@lcsedu.net)

Wed., July 17	Thursday, July 18	Friday, July 19
<b>Breakfast</b> Egg Quesadilla; Applesauce Cup	<b>Breakfast</b> Maple Glazed French Toast Sticks; 1/2 Banana	<b>Breakfast</b> Yogurt; Grahams; Raisins
<b>Lunch</b> Chicken Fillet / WG Bun Or Texas BBQ / WG Bun Fresh Cucumber Wheels & Cherry Tomatoes w/ dip Pintos with Cheese Assorted Fruit Choices	<b>Lunch</b> "Safari" Chicken Nuggets Or Ham Slice Creamy Mashed Potatoes Seasoned Green Beans Assorted Fruit Choices Fresh Baked Wheat Roll	<b>Lunch</b> Pork Chop / WG Bun Or Turkey & Cheese / WG Bun Golden Corn Fresh Celery & Carrot Sticks w/ ranch dip Assorted Fruit Choices

### MENU FACTS:



Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk



100% Fruit Juice is served with every Breakfast

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

WG = Whole Grains

Menus are subject to change without notice.



## DON'T 4 GET!

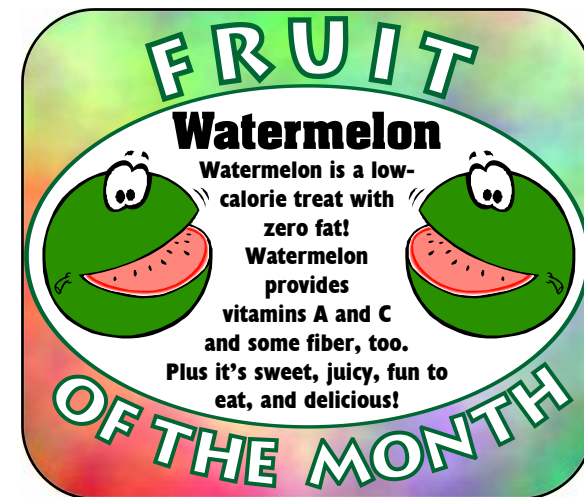
Take at least ONE

## FRUIT or VEGGIE

and at least THREE items total so your meal counts as a complete lunch!

Monday, July 22	Tuesday, July 23	Wed., July 24	Thursday, July 25	Friday, July 26
<b>Breakfast</b> WG Turkey Breakfast Square Applesauce Cup	<b>Breakfast</b> Cereal; Grahams; 1/2 Fresh Banana	<b>Breakfast</b> Chicken Biscuit; Fruit Cup	<b>Breakfast</b> Cereal; Grahams; 1/2 Fresh Banana	<b>Breakfast</b> WG Muffin; Yogurt; Raisins
<b>Lunch</b> Hot Dog w/wo chili/ WG Bun Or Beef Meatballs / HD Bun Home-style Baked Beans Crunchy Cole Slaw Assorted Fruit Choices	<b>Lunch</b> Popcorn Chicken Or Sliced Ham Creamy Mashed Potatoes Fresh Fzn. Green Peas Assorted Fruit Choices Fresh Baked Wheat Roll	<b>Lunch</b> Flatbread Pepperoni Pizza Or PBJ Uncrustable Romaine Salad with Cherry Tomatoes Fresh Fzn. Mixed Vegetables Assorted Fruit Choices	<b>Brunch for Lunch</b> Scrambled Eggs w/cheese Turkey Sausage Link Baked Apples Crisp Potato Coins Whole Grain Toast	<b>Lunch</b> 100% Local Fresh Beef Cheeseburger/ WG Bun Or Turkey & Cheese / WG Bun Crisp Sweet Potato Fries Broccoli w/ cheese Assorted Fruit Choices

Monday, July 29	Tuesday, July 30	Wed., July 31	Thurs., August 1	Friday, August 2
<b><u>Breakfast</u></b> WG Turkey Sausage Breakfast Square ; Applesauce Cup	<b><u>Breakfast</u></b> Cereal; Grahams; Fruit of Choice	<b><u>Breakfast</u></b> Sausage Biscuit; Fruit Cup	<b><u>Breakfast</u></b> Flapstick; Fruit of Choice	<b><u>Breakfast</u></b> Yogurt; Grahams; Raisins
<b><u>Lunch</u></b> Crisp Chicken Fillet / WG Bun Or Texas BBQ / WG Bun Crispy Potato Wedges Fresh Cucumber Wheels With Ranch Dip Assorted Fruit Choices	<b><u>Lunch</u></b> "Shark" Chicken Nuggets Or Sliced Ham Creamy Mashed Potatoes Seasoned Green Beans Assorted Fruit Choices Fresh Baked Wheat Roll	<b><u>Lunch</u></b> Assorted Wedge Pizza Or PBJ Uncrustable Tossed Garden Salad w/ cherry tomatoes /dressing Black-eyed Peas Assorted Fruit Choices	<b><u>Lunch</u></b> Crispy Pork Chop / WG Bun Or Cold Cuts w/cheese/ WG Bun Fresh Baked Sweet Potato Broccoli w/cheese Assorted Fruit Choices	<b><u>Lunch</u></b> Spaghetti w/ Meat Sauce Or Turkey & Cheese/ Bun Side Salad w/dressing Assorted Fruit Choices WG Toasted Garlic Bread



## PARENTS—PLEASE READ THE FOLLOWING INFORMATION

### Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$9.15. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- **If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of a cheese sandwich or cheese crackers, fruit and a carton of white milk.**
- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals **PLUS** any charges.
- We will do our best to work with parents to serve the needs of our students. Please keep in touch with your cafeteria manager, Mrs. Tina Lane, or the cashier, Mrs. Sue Ellen Napier. **Telephone No. 522-3796**
- You may also contact the School Nutrition Office in the School Administration Building at 515-5061. We are pleased to assist you.

Remember, a Charge Policy is a courtesy.  
Please use it wisely.



Welcome to our new Website



[www.myschoolbucks.com](http://www.myschoolbucks.com)

You may view your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also add to your child's meal account via a credit card for a small on-line fee.

*Easy, Smart, Secure*

Questions? Call 434-515-5062



**mySchoolBucks®**

**MEAL APPLICATIONS:** Unless your children are approved by Direct Certification for SNAP (Food Stamps) or TANF, you are required to complete a new meal application **each school year** in order for your children to receive free or reduced price meals. Only **ONE** application per family is required. Each student within a family and the school he attends must be listed on the application. **Every application must have an adult signature to be processed!** Please make sure your application is completed and turned in to your school cafeteria cashier or to the School Nutrition Office in the School Administration Building as soon as possible. Your children may use their previous year's approval for the first 30 days of the new school year. If you have any questions or need further information, please call the School Nutrition Office at 434-515-5064.

\*In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136(Spanish). USDA is an equal opportunity provider and employer."