

# KEEPING UP WITH THE TINES

Grades 6-8



## NATIONAL SCHOOL BREAKFAST & LUNCH PROGRAM CHECKLIST:



Baked, never fried



Assorted fruits and vegetables



Whole grain



Low/No fat dairy products



Lean meats

Breakfast or Nutrition Packs Available

Before Classes Start

Eat for breakfast or save for later



SEEKING MORE INFORMATION?

Call 262-238-5648  
Pamela Janotta  
Food Service



## HERE'S THE SCOOP

The choice is yours at breakfast and lunchtime. There are no mystery meals here. And the **daily** options are endless – check them out!

- **Grill** including burgers and chicken patties
- **Tortilla bar** including nachos and soft/hard shell tacos
- **Pizzeria** with a daily specialty pizza and cheese and pepperoni
- **Deli** sandwiches and salads
- **Daily specials** such as mac & cheese or mashed potato bar

## DEPOSITING FUNDS

Money can be monitored and added onto a student account at: [www.myschoolbucks.com](http://www.myschoolbucks.com).

## LOOKING FOR A SNACK?



In middle school you will also have additional choices of a la carte selections that include: Prices vary.

- 100% Juices
- Bottled water
- Cookies (Whole Grain)
- Chips (Baked)
- Gummies (Fruit Chews)
- Rice Krispies
- ...and many others!

### Pricing:

- Breakfast Full Pay: \$1.40
- Reduced Breakfast: \$0.30
- Free Breakfast: NA
- Lunch Full Pay: \$2.55
- Reduced Lunch: \$0.40
- Free Lunch: NA