

Meal Prices

Breakfast:

Grades PK-6 \$.00

Grades 7-12 \$.00

Reduced \$.00

Adult \$1.25

Lunch:

Grades PK-6 \$1.80

Grades 7-12 \$2.30

Reduced PK-2 \$.00

Reduced 3-12 \$.40

Adult \$3.00

PK – 6 Full Price Lunch

Weekly \$9.00

Monthly \$36.00

7 - 12 Full Price Lunch

Weekly \$11.50

Monthly \$46.00

Milk, 8 oz carton \$.50

**Milk, fruit and/or vegetables
are offered with every meal
at no additional cost.**

**BREAKFAST IS FREE
EVERY DAY**

Menus are subject to change due to
the availability of foods.

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Kid Friendly Recipe for December...

Apple Cinnamon Baked Oatmeal- Serves 9

4 cups rolled oats (not instant)
1 ½ cups fat-free milk or soymilk
½ cup egg substitutes or egg whites
½ cup packed brown sugar
1 teaspoon baking powder
1 tablespoon melted margarine
½ teaspoon cinnamon
1 ½ cups chopped apples



Directions:

Preheat oven to 350 degrees. In a small bowl, mix the milk, brown sugar, egg, margarine, and cinnamon together. In a larger bowl, combine the oats and the baking powder. Pour the wet mixture into the bowl with the oats, add apples, and mix well. Spoon mixture onto an 8x8 inch pan coated with cooking spray and bake 30 to 40 minutes, until top is firm and toothpick comes out clean in the center.

Adapted from: www.kidseatright.org

**Interested in a part time job in our school cafeterias?
Call Sandy at 303-853-1119.**

