

## **HIGH SCHOOL FREE/REDUCED PROGRAM**

*Although they do not participate in the National School Breakfast/Lunch Program at the high school, we offer eligible students a choice of options from several different stations.*

### **BREAKFAST**

*Eligible students have a choice of **one** of the following items, plus a milk, juice, 16.9oz bottled water or fruit.*

- *Breakfast Sandwich*
- *Muffin*
- *French Toast Sticks*
- *Pancakes or waffles*
- *Cereal*

*Please note that the following items **are not included** in the free/reduced breakfast program:*

- *Poptarts*
- *Snacks*
- *All beverages other than an 8oz milk, 16.9oz bottled water or 4oz juice.*

### **LUNCH**

*Although they do not participate in the National School Lunch Program at the high school, we offer eligible students a choice of **one** of the following options from the different stations.*

*The options for lunch include 16.9 oz. bottled water **or** 8 oz. milk, **plus** a piece of fresh fruit.*

- *Deli – Sandwich or wrap, served with fresh vegetable.*
- *Hot Entrée - served with two sides.*
- *Slice of Pizza - served with a hot vegetable **or** fresh vegetable.*
- *Grille – Burger **or** Cheesesteak **or** Chicken Sandwich, served with a hot vegetable **or** fresh vegetable.*
- *Salad Bar – served with crackers or croutons. Salad Bar is to be put in the 12oz bowl to be a meal.*

*Please note the following items **are not included** in the free/reduced lunch program or “Value Meal” option:*

- *French fries, popcorn chicken, lattice fries, mozzarella sticks, onion rings*
- *All beverages other than the 16.9oz bottled water and 8oz milk.*
- *Snack foods (pretzels, nachos, bag snacks, etc.)*
- *Desserts (cookies, cakes, brownies, ice cream, etc.)*