

New Prairie Elementary School Menu August 2015 – December 2015

Student Breakfast Price: \$1.30 (includes choice of milk)

(Free and Reduced Price Meals are available to qualified students)

Breakfast is served with choice of 100% Juice and Fruit (may take 2 different choices but must take at least 1)

Alternate choice of Cereal and Graham Snack offered daily.

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Pancakes	Breakfast Pizza	Cinnamon Roll	Cinnamon Glazed French Toast Stix	Warm Banana Bread

Student Lunch Price: \$1.90 (includes choice of milk)

(Free and Reduced Price Meals are available to qualified students)

Lunch must include a fruit or vegetable to make it a meal.

Cycle Week 1

Monday

Pizza
Seasoned Green Beans
Choice of Fruit

Tuesday

Chicken Smackers/Breadstick
Baked Beans
Choice of 100% Juice or Fruit

Wednesday

Beef Taco w/lettuce, cheese,
tortilla chips and salsa
Fresh Veggies
Choice of Fruit
Cookie

Thursday

Sub Sandwich
Carrots
Choice of 100% Juice or Fruit

Friday

Fish Sticks
Oven Fries
Choice of Fruit

Cycle Week 2

Monday

Pepperoni Calzone w/Marinara
Sweet Potato Bites
Choice of Fruit

Tuesday

Crispy Chicken Fillet on Bun
Fresh Veggie Tray
Choice of 100% Juice or Fruit

Wednesday

Beef and Cheese Nachos with
Salsa
Refried Beans
Choice of Fruit
Cookie

Thursday

Turkey & Gravy with Roll
Mashed Potatoes
Choice of 100% Juice or Fruit

Friday

Ravioli with Cheese Cup
Garlic Bread
Seasoned Whole Kernel Corn
Choice of Fruit

Cycle Week 3

Monday

Cheezy Bread w/Marinara Cup
Broccoli Florets
Choice of Fruit

Tuesday

Chicken Fingers/Breadstick
Baked Beans
Choice of 100% Juice or Fruit

Wednesday

Quesadilla w/Salsa
Fresh Veggies
Choice of Fruit
Cookie

Thursday

French Toast & Sausage
Oven Fries
Choice of 100% Juice or Fruit

Friday

Macaroni & Cheese w/Roll
Carrots
Choice of Fruit

Alternate Entrée Choices

Monday

PBJ Combo w/
String Cheese &
Goldfish Crackers

Tuesday

Chef Salad w/Diced Ham

Wednesday

PBJ Combo w/
String Cheese &
Goldfish Crackers

Thursday

Chef Salad w/Diced Turkey

Friday

PBJ Combo w/
String Cheese &
Goldfish Crackers

Daily Meal Charging
Students are allowed to
charge 3 lunches. Student
reaching limit will be given PB
and milk. *No ala carte
charging.*

AUGUST 2015

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
			No School			



Be Sure to Brake Fast for BreakFast!

Breakfast gives you a chance to start each day with a healthy, nutritious meal and lays the foundation for lifelong health benefits. Breakfast is particularly important for children and adolescents. According to the American Academy of Nutrition and Dietetics, children who eat a healthy breakfast are more likely to:

- Meet daily nutrient requirements
- Concentrate better
- Have better problem-solving skills

- Have better hand-eye coordination
- Be more alert
- Be more creative

- Miss fewer days of school
- Be more physically active

Food Service Information below can be found at:
www.npusc.k12.in.us
 under the Programs/Services Tab

Fit Future News

- [Wean the Screen](#)
- [Quick Breakfast Ideas](#)
- [10 Tips for Fostering Healthy Eating in Children](#)
- [Don't Deceive Kids at the Dinner Table](#)
- [Ingredient Substitutions for Healthier Recipes](#)
- [Getting Picky Eaters on the Healthy Path](#)
- [New Nutrition Standards for School Meals](#)
- [Understanding My Plate and Portion Sizes](#)
- [Take Time for School Breakfast](#)

Free/Reduced Price Meal/Textbook Assistance Available
 Contact Tammy Watkins, Food Service Director for Confidential Assistance
 574-654-0401 or 219-778-2215 or applications can be found at

*****Meal Modifications*****

Forms must be completed each School year for food allergies or any other food modifications. For forms and information please contact the School Health Aide or the Food Service Director.