

----- BREAKFAST Program -----

(served 7:30-8:15)

Student Breakfast \$1.50

Adult Breakfast \$2.25

One item from each of the four following groups is a full breakfast. Single items may be purchased. At least three varieties from each group will always be available:

Drink	Dairy/Protein	Grain	Fruit
1% milk, 1 cup .50 100% orange juice, 4 oz .50 100% grape juice, 4 oz .50 100% apple juice, 4 oz .50	cottage cheese, ½ cup .50 cheese stick, 1 oz .50 1% white milk, 1 cup .50 yogurt, 4 oz .50 omelet .75 sausage .75	whole grain chocolate muffin .50 whole grain blueberry muffin .50 cereal .50 cream cheese filled bagel .75 waffle .75 pancake .75	pineapple, ½ cup .50 peaches, ½ cups .50 apple slices, ½ cup .50 banana, whole .50 applesauce, ½ cup .50 orange slices, ½ cup .50 pears, ½ cup .50 100% juice .50

----- LUNCH Program -----

(served at 11:50)

Student Lunch \$3.00

Adult Lunch \$4.95

A complete lunch is at least three different food items. One of these items must be a fruit or vegetable. If children are still hungry they may receive a la carte. Permission is required to receive a la carte. No seconds will be given without permission. See prices below. Vegetables are free!

In an effort to reduce food waste we will implement these requirements before children can receive a la carte items:

- All food must be eaten from the 1st serving.
- An empty tray must be brought back
- Sweets are limited

A la carte prices

Vege \$0.00	Fruit \$0.75	Milk \$0.50	
side entrée \$0.75		main entrée \$1.50	



Food Service Policy '22/'23

----- FAITHFUL BEGINNINGS Beverage & Snack -----

(served at 2:00)

Faithful Beginnings Preschool -- Please pay beverage/snack fee in full before the 1st day of school if your child(ren) attends:

1 day/week	\$23.00 for the year
2 days/week	\$47.00 for the year
3 days/week	\$70.00 for the year
4 days/week	\$94.00 for the year
5 days/week	\$117.00 for the year

Food Service Account payments

Pay online at educate.tads.com *(There is a \$1.50 fee)*

under **Point of Sale Balance**

An email will be sent when your lunch account balance is getting low.

or

Write check payable to:
MHRS Lunch Program

send to:



Food Service Policy '22/'23

(Please return this sheet to school)

FOOD ALLERGIES

**Lactose free milk is available upon request.
Gluten free meals are also available upon request.**

Please be sure to notify us if there is a food allergy of any kind:

PERMISSION TO PURCHASE Breakfast

Student Breakfast \$1.50 (4 items)

Single items may be purchased.
See price list on page 1.

If you would like your child to participate in this program, please sign and return this permission slip.

I give my child(ren) _____ permission to purchase breakfast.

Parent Signature _____ Date _____

PERMISSION TO PURCHASE A La Carte at Lunch

Children may only come back for seconds if all food has been eaten. There is a charge for a la carte. Please see the a la carte item cost above. No seconds will be given without this permission form signed.

I give my child(ren) _____ permission to purchase a la carte at lunch. I understand there will be a charge for these additional items.

Parent Signature _____ Date _____