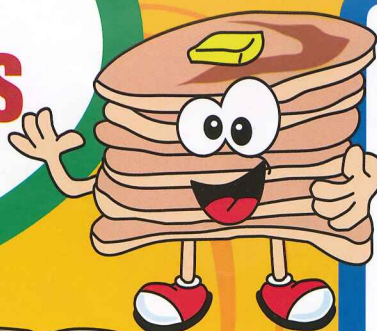


2014-2015 Newark City Schools K-8 Meal Menu



Lunch Menu

Menu Subject to Change • Lunch is Offer vs Serve



All Bread Items Are Whole Grain

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Chicken Nuggets/Honey Pizza Rotation ▲ Vegetable Fruit Milk 	<ul style="list-style-type: none"> Grilled Cheese Vegetable Fruit Milk 	<ul style="list-style-type: none"> Popcorn Chicken Vegetable Fruit Milk 	<ul style="list-style-type: none"> Sausage Pancake on a stick Vegetable Fruit Milk <p>Middle Schools Entree Donatos Pizza</p>	<ul style="list-style-type: none"> Chicken Nuggets/Honey Pizza Rotation ▲ Vegetable Fruit Milk <p>Middle Schools Entree Burrito</p>

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Mini Corn Puppies Pizza Rotation ▲ Vegetable Fruit Milk 	<ul style="list-style-type: none"> Cheeseburger/Bun Vegetable Fruit Milk 	<ul style="list-style-type: none"> Chicken Patty/Bun Vegetable Fruit Milk 	<ul style="list-style-type: none"> Turkey & Cheese Sub Vegetable Fruit Milk <p>Middle Schools Entree Donatos Pizza</p>	<ul style="list-style-type: none"> Mini Corn Puppies Pizza Rotation ▲ Vegetable Fruit Milk <p>Middle Schools Entree Pizza Bagel</p>

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Hot Dog/Bun Pizza Rotation ▲ Vegetable Fruit Milk 	<ul style="list-style-type: none"> Taco Vegetable Fruit Milk 	<ul style="list-style-type: none"> Chicken Drumstick Vegetable Fruit Milk 	<ul style="list-style-type: none"> Chicken Wrap Vegetable Fruit Milk <p>Middle Schools Entree Donatos Pizza</p>	<ul style="list-style-type: none"> Hot Dog/Bun Pizza Rotation ▲ Vegetable Fruit Milk <p>Middle Schools Entree Pizza Dipper</p>

Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Cheese Quesadilla Pizza Rotation ▲ Vegetable Fruit Milk 	<ul style="list-style-type: none"> Chicken Tenders Vegetable Fruit Milk 	<ul style="list-style-type: none"> Cheeseburger/Bun Vegetable Fruit Milk 	<ul style="list-style-type: none"> Chicken Rings Vegetable Fruit Milk <p>Middle Schools Entree Donatos Pizza</p>	<ul style="list-style-type: none"> Cheese Quesadilla Pizza Rotation ▲ Vegetable Fruit Milk <p>Middle Schools Entree Chicken Rings</p>



Monday & Friday Pizza

Donatos Whole Grain Pizza, Vegetable, Fruit & Milk
 Monday pizza served at: Carson, Hillview, John Clem & Cherry Valley only.
 Friday pizza served at: Legend, Par Excellence, McGuffey & Ben Franklin only.

All meals include Meat or Meat Alternative, Vegetable, Fruit, Bread Item, and Milk.
 USDA guidelines require all meals must contain a fruit or vegetable.

School Breakfast

Daily Breakfast Menu Includes: Cereal or Bread Item, Fruit, Juice & Milk
 All schools serve breakfast.

Studies show that eating breakfast at school:

- Improves classroom performance and yields better test scores and grades
- Increases children's ability to focus and concentrate on school work
- Decreases disciplinary problems, tardiness and visits to the nurse
- Increases attendance rates

Students who eat breakfast are healthier, happier, better behaved and more productive throughout the school day. Students who eat breakfast meet the USDA requirements and are supplied 1/4 of the daily allowances children need.

School Breakfast Scorecard 2003, Thirteenth Annual Status Report on the School Breakfast Program Food Research and Action Center November 2003

Meal Prices

Breakfast	\$1.25
Reduced Breakfast	\$.30
Adult Breakfast	\$1.50
Lunch	\$2.55
Reduced Lunch	\$.40
Par Ex	\$2.70
Adult Lunch	\$3.00

* Adult meal price does not include milk (Milk is included in student meal price)
 New USDA guidelines state that a paid lunch must contain a fruit or vegetable.

Lunch Menu Calendar

Week 1 Week 2 Week 3 Week 4 Open Menu

AUGUST 2014							SEPTEMBER 2014								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
				1	2					1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13		
10	11	12	13	14	15	16	14	15	16	17	18	19	20		
17	18	19	20	21	22	23	21	22	23	24	25	26	27		
24	25	26	27	28	29	30	28	29	30						

OCTOBER 2014							NOVEMBER 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1	
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29

DECEMBER 2014							JANUARY 2015							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3						1	2	3
4	5	6	7	8	9	10	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	11	12	13	14	15	16	17	
18	19	20	21	22	23	24	18	19	20	21	22	23	24	
25	26	27	28	29	30	31	25	26	27	28	29	30	31	

FEBRUARY 2015							MARCH 2015							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2						1	2	3
3	4	5	6	7	8	9	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	25	26	27	28	29	30	31	

APRIL 2015							MAY 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3						1	2
4	5	6	7	8	9	10	3	4	5	6	7	8	9
11	12	13	14	15	16	17	10	11	12	13	14	15	16
18	19	20	21	22	23	24	17	18	19	20	21	22	23
25	26	27	28	29	30		24	25	26	27	28	29	30

Special Dates

First Day of School- August 20	Martin Luther King Day- January 19
Labor Day- September 1	No School- February 13
No School- November 3-4	Presidents Day- February 16
Thanksgiving Vacation- November 26-28	Spring Break- March 30- April 3
Holiday Break- December 22-January 2	Memorial Day- May 25
	Last Day of School- May 28

Free/Reduced Meals

Apply for Free/Reduced Meals On-Line at www.applyforlunch.com

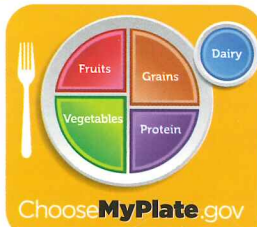
No Lost Forms • Quicker Response

Paper free/reduced meal forms are available in your school office on request. Free or reduced meal prices will not begin until you are approved for the program. You must be re-approved each school year or if you transfer in from another school district. You will receive a notice when approved, and it will list the name of each approved child. If you receive a notice for one child in your household, but not another, you must contact food service to verify that all children in your household are approved. If you apply and don't receive a notice within 5 days, contact the food service department at 740-670-7446.

You must pay for or pack your child's meal until you are approved. Any meal charges made prior to approval must be paid.

Call Food Service at 740-670-7446 if you have any questions regarding your approval

We encourage students to build their trays the healthy way using **My Plate**-A colorful and healthy school lunch tray features 1/2 fruits and vegetables, lean protein and whole grains with a serving of skim milk.



All About Meals at School

The Newark School district participates in the National School Meal Program. Students may purchase breakfast and lunch every day or as often as they like. Students may also brown-bag if they prefer. We strive to provide nutritious meals that are appealing to our students.

We understand that meal money or a packed lunch can be forgotten occasionally, but please keep meal charging to a minimum and pay promptly. The school principal will be notified of students who owe meal charges. Students with excessive charges will be offered a snack from the office, and not served a school meal. Free/reduced meals are available to approved students. (See www.applyforlunch.com). In addition, you can keep track of your child's meal balance at www.schoolpaymentsolutions.com.

DISCLAIMER: Newark City Schools cannot guarantee trace amounts of potential allergen not listed on food labels for sensitive individuals. Menu is subject to change without notice due to inclement weather, food availability and price.

Online Payments

Keep track of your child's meal account balance online at:

www.myschoolbucks.com

Sign up for: Email Alerts • Monthly Statements • Make Payments



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

3 Ways to Purchase Meals

Free/Reduced Meals

Apply for Free/Reduced Meals On-Line at www.applyforlunch.com

No Lost Forms • Quicker Response

Paper free/reduced meal forms are available in your school office on request. Free or reduced meal prices will not begin until you are approved for the program. You must be re-approved each school year or if you transfer in from another school district. You will receive a notice when approved, and it will list the name of each approved child. If you receive a notice for one child in your household, but not another, you must contact food service to verify that all children in your household are approved. If you apply and don't receive a notice within 5 days, contact the food service department at 740-670-7446.

You must pay for or pack your child's meal until you are approved. Any meal charges made prior to approval must be paid.

Call Food Service at 740-670-7446 if you have any questions regarding your approval

1 Pre-Payments Online

Log in to School Payment Solutions! We are excited to offer School Payment Solutions, an innovative online service that allows you to prepay for your student meals, monitor their account balance and nutritional choices. Visit www.schoolpaymentsolutions.com to create an account for your children using their student ID number. At this site, you can check your child's account balance, sign up to receive an email alert when your child's balance is low, and also see what food choices they are making. You also have the option to make a payment to your child's meal account using a Visa or MasterCard. This will eliminate the worry of lost or forgotten lunch money. If you do not know your child's student ID number, please contact their school office. Please help younger children learn this number as it will be used in the school meal line for the remainder of their career at Newark City Schools.

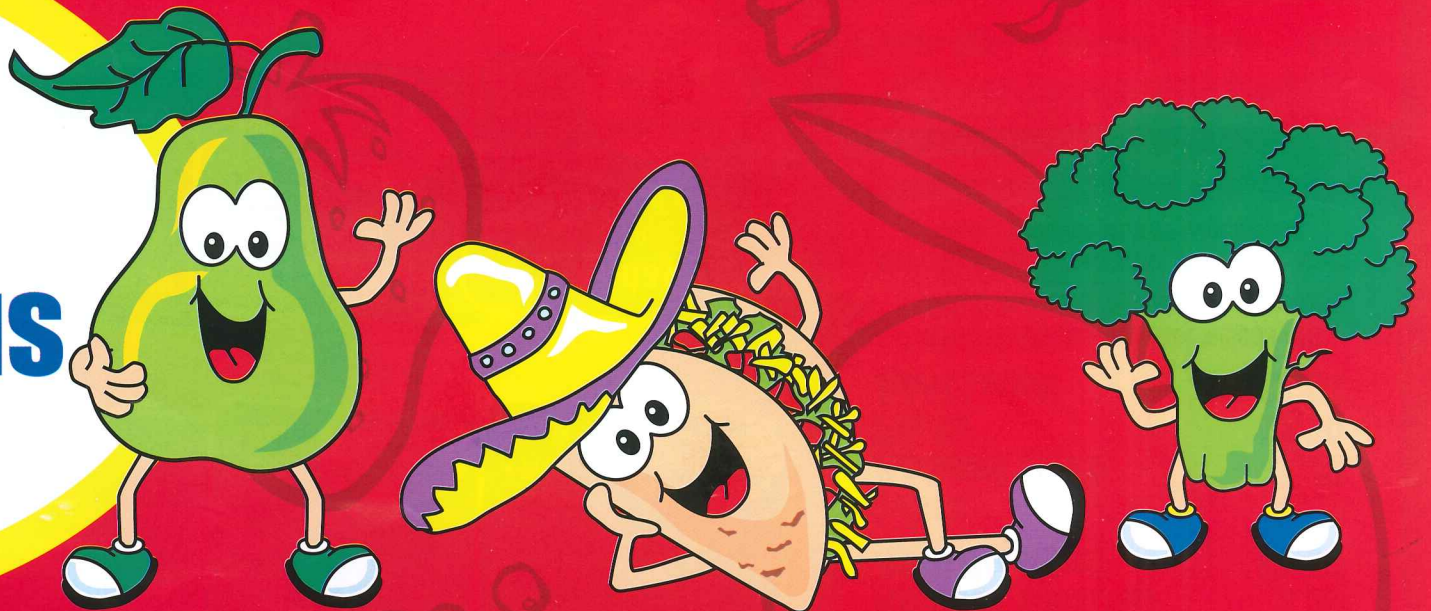
2 Check or 3 Cash

Check or cash payments will be accepted in any school meal line. Checks are recommended when paying in the meal line. Please make checks payable to NCS Food Service, and write your child's name and Student ID in the memo portion of the check. We do not recommend sending large cash payments. Food Service will not be responsible for lost money. Time does not permit our cashiers to write receipts for cash payments. Also please note that any money for elementary students paid in the meal line will be put on the student's account. No change will be given to elementary students without a note from parent/guardian requesting change. Credit balances on meal accounts carry over from year to year. Refunds are not issued unless a student graduates or withdraws.

Newark City Schools K-8 School Meal Menu

**Always
Affordable,
& Healthy,
& Delicious**

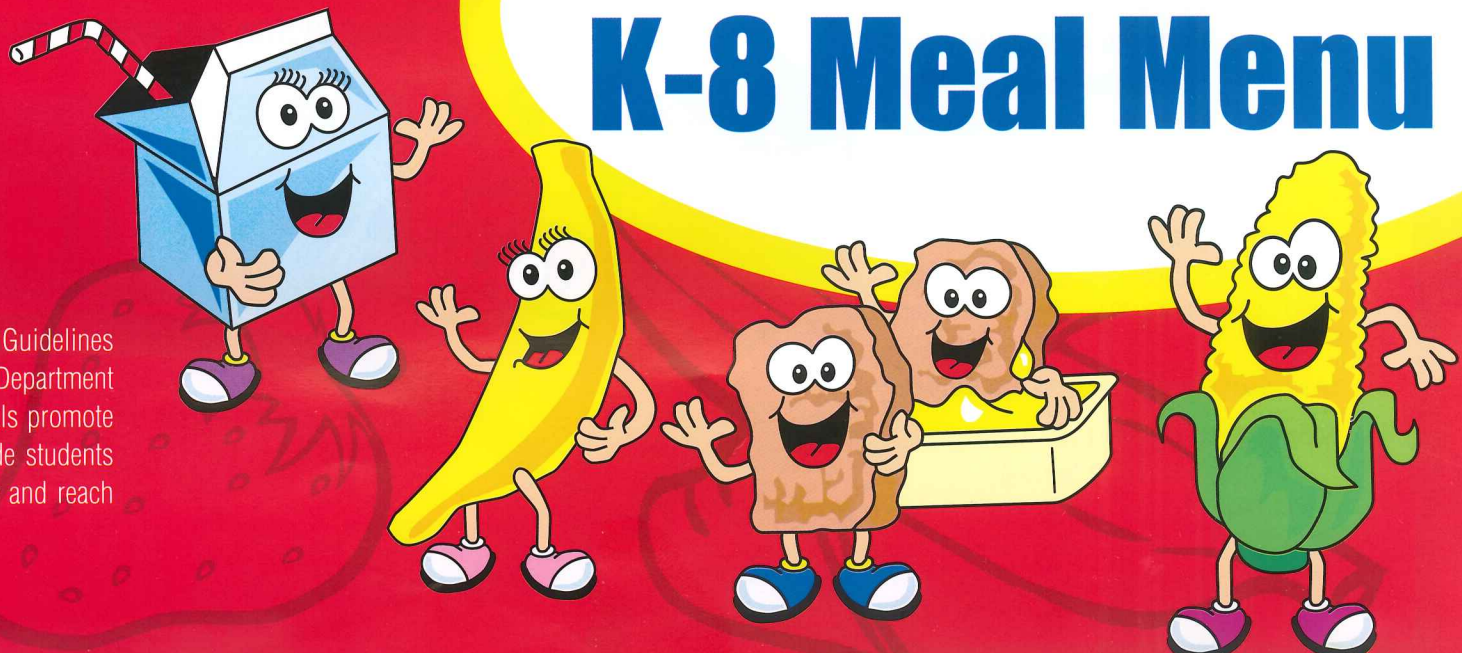
*Because your school
Food Service Dept. cares.*



We are proud to serve the following elementary & middle schools:

- Ben Franklin
- Carson
- Cherry Valley
- Hillview
- John Clem
- Legend
- McGuffey
- Par Excellence
- Heritage
- Liberty
- Wilson

2014-2015 Newark City Schools K-8 Meal Menu



Our menus are planned according to Food and Nutrition Guidelines in accordance with the National School Lunch Program, Department of Nutrition. These guidelines assure our school meals promote healthy weight, include a variety of foods, and provide students with essential nutrients they need to grow up healthy and reach their full academic potential.