Snacks are foods that can be eaten in between meals. They are important to get in all of the nutrition needed for the day and helping you stay full. Here are some great ways to choose healthy snacks.

- When choosing a snack, choose 2 or 3 different food groups! Fruit and vegetables snacks are good for our eyes, skin, and organs. They can help prevent us from getting sick.
- Eat different colored fruits and vegetables because each color provides different vitamins and minerals. Red colors contain phytochemicals that help prevent cancer, reduce the risk of diabetes and heart disease, and keep the skin healthy. Orange and yellow colors improve immune function, reduce the risk of heart disease, and promote eye health. Green colors boost the immune system, detox the body, and help with energy. Blue and purple colors help fight cancer and inflammation. White and brown colors fight against cancer, keeps bones strong, and help keep your heart healthy.
- Dairy snacks help keep our bones strong. They are also packed with protein, which helps us stay fuller longer.
- Whole grains provides energy. The healthiest grains are 100% whole wheat, corn, brown rice, oats, barley, sorghum, rye, and millet. Whole grains are packed with fiber, which regulates blood pressure, cholesterol, and aid in digestive health.
- Protein snacks help our muscles stay strong and healthy.
- Plant-based proteins like nuts, seeds, and beans are lower in saturated fats, which can be bad for the heart.

**SUPER SNACKS!**

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SNAP SNACKS!

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**Lunch Prices**

<table>
<thead>
<tr>
<th></th>
<th>Full Paid</th>
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<tr>
<td>Adult</td>
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<td>-</td>
</tr>
</tbody>
</table>

Milk: $.35

**Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9659. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept online payments at www.schoolcafe.com.**
Super Snacks!

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EXTRA! Lunch Page News
Menu Key:
( ) Contains beans and/or peas which have been harvested dry.
( ) Locally grown
( ) Meatless item
( ) Fish product
( ) New item
( ) Whole-grain

* No Pork products are served at Head Start
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( ) Contains beans and/or peas which have been harvested dry.
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( ) Meatless item
( ) Fish product
( ) New item
( ) Whole-grain

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** Condiments are included

☯ Yogurt Meals offered daily at lunch include vegetarian choices.

Complimentary Breakfast is available for ALL Enrolled Students in All Schools!

Our menu has been planned to meet federal regulations including, but not limited to, age groups and portion sizes. Over the course of each week, our menus meet calorie ranges, meat/meat alternate ranges, grain ranges, and at least if not more of the required vegetable subgroup consisting of dark green, red/orange, legumes, starch, and other.

This institution is an equal opportunity provider.

Lunch Prices
Full Paid Reduced
Elem. $1.45 .40
Sec. $1.75 .40
Adult $3.65 .35

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