

BSSD

Blue Springs School District

Education with Distinction

CHANGING THE WAY WE
FEED OUR CHILDREN

2009/2010 SCHOOL YEAR



LUNCH COMBO MEAL

BEST VALUE

1 ENTRÉE (Choose from one item from at 3 least different Entrée's offered daily)

Sides (Choose up to 3 items from the Food Bar)

Milk (Choice of chocolate, white or strawberry milk)



GET YOUR CHILD'S SCHOOL DAY OFF TO A GOOD START

WITH THE

BREAKFAST PROGRAM

The breakfast program is now offered at **all Middle Schools and High Schools**

The breakfast program is currently offered at :

Franklin Smith Elementary
James Walker Elementary
John Nowlin Elementary
Thomas Ultican Elementary
William Bryant Elementary
William Yates Elementary

BREAKFAST COMBO MEAL

BEST VALUE

1 Entrée (choose one entrée from a selection of a least 2 entrees offered daily)

Sides Choose up to **2 items** from Breakfast Bar

1 Milk (Choose from chocolate, white or strawberry milk)



MEAL PRICES

**2009/2010 SCHOOL
YEAR**

Lunch Prices		2009-2010
	Breakfast	Lunch
Elementary	\$ 1.50	\$ 2.05
Middle	\$ 1.50	\$ 2.25
High School	\$ 1.50	\$ 2.25
Adult	\$ 1.75	\$ 2.75
Milk or Juice		\$ 0.45
Reduced	\$ 0.30	\$ 0.40

SNACK BAR AND ALA CARTE ITEMS

All Middle & High Schools offer SNACK BAR and ALA CARTE items. The price list for items offered at some or all of the Middle & High Schools is on the next page.

Items from the **SNACK BAR** or **ALA CARTE** items are **NOT** covered by the Free and Reduced Program. *Only Combo Meals purchases are part of the Free and Reduced Lunch Program.*

Applications for Free and Reduced Meals may be found on the District's website . Completed applications may be sent with your child to school or faxed to the Food Service Department at 816-224-1721. **Please note only one application is needed per family.**

SNACK BAR LIST

8oz-----	\$ 1.25
12oz-----	\$ 2.00

SALADS

CHEF SALAD-----	\$ 1.75
SIDE SALAD-----	\$ 1.25

SANDWICHES

CHEESEBURGER-----	\$ 1.75
CHEESEBURGER with BACON-----	\$ 2.00
CHICKEN SANDWICH-----	\$ 1.75
FISH SANDWICH-----	\$ 1.75
GRILLED CHEESE-----	\$ 1.50
HAMBURGERS-----	\$ 1.50
HOT DOG-----	\$ 1.50
HOT DOG with CHILI-----	\$ 1.75
HOT HAM & CHEESE-----	\$ 1.75
PEANUT BUTTER/JELLY(3 halves)-----	\$ 1.50
SUBMARINE-----	\$ 2.00
TUNA SALAD-----	\$ 1.75

MEXICAN

BURRITO 4oz-----	\$ 1.75
BURRITO(MINI)-----	\$ 1.75
CRISPITO-----	\$ 1.75
NACHO SUPREME-----	\$ 2.25
NACHOS-----	\$ 2.00
QUESADILLA-----	\$ 1.75
TACO CRUNCH-----	\$ 2.00
TACO SALAD IN SHELL-----	\$ 2.00
TACO/BEEF(2)-----	\$ 1.75

POTATOES

BAKED POTATO w/butter or cheese---	\$ 1.25
each additional topping-----	\$ 0.35
CHEESE FRIES-----	\$ 1.25
CHILI CHEESE FRIES-----	\$ 1.50
FRENCH FRIES-----	\$ 0.90
TATOR TOTS-----	\$ 0.90

ITALIAN

SPAGHETTI & ROLL-----	\$ 2.25
SPECIALTY PIZZA-----	\$ 2.25



CHICKEN HOT WINGS(5)-----	\$ 2.00
CHICKEN NUGGETS(8)-----	\$ 2.00
CHICKEN STRIPS (3)-----	\$ 2.50
CHICKEN STRIPS BASKETw/FRIES---	\$ 2.75

DESSERTS

APPLE or FRESH FRUIT-----	\$ 0.50
BROWNIE-----	\$ 0.50
CINNAMON ROLL-----	\$ 1.00
COOKIES (2)-----	\$ 0.50
COOKIES/SPECIALTY (3)-----	\$ 1.30
FRUIT ROLL-UP-----	\$ 0.50
ICE CREAM TREAT (large)-----	\$ 1.00
ICE CREAM TREAT (small)-----	\$ 0.60
LITTLE DEBBIE-----	\$ 0.65
MALT (large)-----	\$ 1.00
MALT (small)-----	\$ 0.80
YOGURT-----	\$ 0.75



MISCELLANEOUS

2 BISCUITS & GRAVY-----	\$ 1.75
BUFFALO SHRIMP-----	\$ 2.00
CHEDDAR BITES-----	\$ 2.00
CHIPS (LARGE)-----	\$ 0.75
CHIPS (SMALL)-----	\$ 0.60
EGG ROLL-----	\$ 1.50
EXTRA CHEESE/SAUCE/SLICE-----	\$ 0.35
EXTRA HOT ROLL-----	\$ 0.50
MOZZARELLA CHEESE STICKS-----	\$ 2.00
ONION RINGS OR STRAWS-----	\$ 1.00
PRETZEL-----	\$ 0.75
PRETZEL W CHEESE-----	\$ 1.00



DRINKS

BOTTLED WATER - 12 oz-----	\$ 0.75
BOTTLED WATER - 20 oz-----	\$ 1.25
CANNED BEVERAGES-----	\$ 0.75
CUP-----	\$ 0.05
CUP & ICE-----	\$ 0.10
FRUIT JUICE - 4 oz-----	\$ 0.40
MILK-----	\$ 0.40
NON CARB DRINK BOTTLES 20oz----	\$ 1.25
POWERADE - 12 oz-----	\$ 0.75
POWERADE - 20 oz-----	\$ 1.25



V-8 JUICE CAN -----	\$ 0.75
---------------------	---------

MEAL PURCHASES

MAY BE MADE BY

REVTRAK, online using your debit/credit card. A convenience fee of \$1.50 per checkout will be applied to all transactions regardless of the amount deposited.

Website <http://bluesprings.revtrak.net>

CHECKS, may be sent to school with your child. All checks must be pre-printed (**no starter checks accepted**) and should have check writer's Driver's License and date of birth written on it before sending with your child. Check writing privileges will be revoked after 3 returned checks in any one school year.

CASH, Of course Cash is always accepted.

WE RECOMMEND THAT PARENTS DEPOSIT FUNDS IN THEIR CHILD'S NUTRIKID'S ACCOUNT REGULARLY. MAINTAINING A POSITIVE BALANCE INSURES THE CHILD WILL ALWAYS HAVE MONEY FOR MEALS.

FOOD ALLERGIES

Parents of children with severe Food Allergies should contact their school's Health Aide, who will, in turn, notifies Food Service. A **Doctor's note** is required to put any allergy warnings on the student's lunch account.

Menus

Monthly Menus for all grade levels may be found on the District's website.

All Breakfast and Lunch Menus meet or exceed the USDA requirements for calories, fat, protein and fiber.

The menu is subject to change without notice.