

## JUNIOR HIGH & C-NS HIGH SCHOOL CAFETERIA INFORMATION

School breakfast will cost \$1.25 and lunches \$2.25. Reduced price meals will be 25 cents. Anyone who feels they may qualify for free or reduced priced meals, please fill out an application which you can find on the web site or in the school cafeteria and send it to the Food Service Office at North Syracuse Central School District, 5520 East Taft Road, N. Syracuse, 13212.

The cafeteria is set up like a food court with 4 different lines: Pizza Express, Grab & Go Grill with chicken patties, Subs & Salads, and Daily Special Line. See the menu for the Daily Special Line, and the types of subs, pizza, chicken patties and salad boxes. Three side dishes and milk also come with every lunch and a student **MUST** take at least 2 of these to be a complete meal. These menus are analyzed with Nutrikids software to ensure we meet your child's minimum daily requirement for calories, iron, calcium, vitamin A, vitamin C and protein. Total fat cannot go over 30% and 10% saturated fat.

Prepayment of meals is encouraged. Prepayments allow the lunch lines to flow much faster. This allows students more time in the cafeteria to eat. It also saves students from fumbling for their money. The beginning of the year is very hectic applying cash and checks. You may prepay with a credit or debit card at **myLunchMoney.com**. There is a fee of \$1.95 per transaction per school. This site is available after **August 29**. This would be a great help minimizing the long lines. You may also pay with cash or check. Forms can be found in your newsletter and on the web site ([www.nscsd.org](http://www.nscsd.org)). The Board of Education does not endorse the practice of charging payment for meals. The district will never allow a child to go without any food at lunch. A student with no funds is given a courtesy meal of a peanut butter and jelly sandwich and milk. If this practice is abused other arrangements will be made. We encourage parents to keep their child's account current. As a cost cutting measure **we will not be sending out low balance letters**. Mylunchmoney.com will allow you to see your balance and what your child has eaten for free 24 hours a day.

A la carte snacks are offered daily. We offer only sensible snacks and they contain only 8 grams of fat or less, 2 grams of saturated fat or less, 360 grams of sodium or less, and 15 grams of sugar or less.

<b>50 cent snacks (bags 1 oz. or less)</b>		
Reduced fat Cheetos	Baked Lays	Sunchips (Regular & Cheddar)
Frito Lay Funyuns	Fresh Baked Cookie	Popcorn
Baked Nacho Doritos	Cooler Ranch Doritos	Munchies Kid Mix & Cheddar
<b>75 cent snacks</b>		
Sunflower Seeds	Yogurt	Breakfast Bars
<b>ICE CREAM: 65 cents</b>		
Perry's Buddie Bars	Fudge Bars	Strawberry Crunch Bar
Vanilla Sandwiches	Dixie Cups	Juice Bars

<b>35 cent snacks</b>		
Marshmallow Crispy Bar	String Cheese	Oatmeal Crème Pies
Fresh Fruit	Star Crunch	Cho Chip Crème Pies
<b>Water - \$1.25</b>	<b>Milk/Juice – 50 cents</b>	<b>Flavored pint milk- \$1.25</b>

If you have any questions, please call the North Syracuse Central School District Food Service Office at 218-2176.