

## WELCOME BACK TO SCHOOL

The Child Nutrition Department is made up of a team of friendly food staff that are dedicated to students' health, well-being and their ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practices.

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the [USDA](#) Dietary Guidelines. We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

## Pre-Payment Options

Please take advantage of the options to prepay your student's meal accounts. Prepaid meal accounts help the lunch lines go faster and gives students more time to eat, relax, and play. It also gives you the peace of mind of not having to worry about looking for lunch money every day or worry that it might get lost, stolen or used for other things other than lunch. Log on to [www.mymealtime.com](http://www.mymealtime.com) and set up an account today.

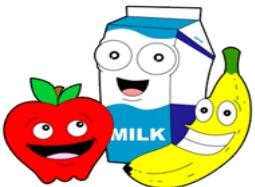

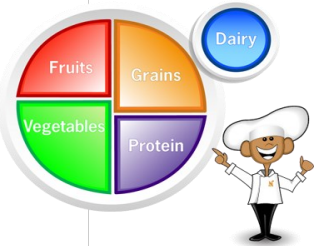
## MEAL APPLICATIONS

Free and Reduced Price Meals are available to families who believe they may qualify. If your family chooses to apply please complete a "**Free and Reduced Meal Price Application Form.**" The forms can be obtained and returned (completed) to the school office or cafeteria.

This institution is an equal opportunity provider.

## AUGUST

DIXON MONTESSORI CHARTER SCHOOL

				
10	11	12	13	14
				
17	18	19	20	21
24	25	26	27	28
Lunch Chicken Tenders	Lunch Cheesy Bean Burrito	Lunch Cheese Burger	Lunch Cheesy Bites W/ Marinara Sauce	Lunch Turkey Hot Dog
Breakfast Pancake Wrap	Breakfast Blueberry Muffin	Breakfast Choc Chip Benefit Bar	Breakfast Cereal	Breakfast Mini Pancakes
31				
Lunch Grilled Cheese Sandwich		<b>All Meals Include Fruits and Vegetables 1% low fat milk Or Non Fat chocolate Milk</b>	<b>Meal Pickup is Grab and Go Only</b>	
Breakfast Pancake Wrap			<b>Breakfast and Lunch will be served at same time</b>	