

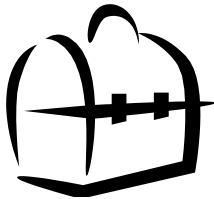


# Welcome!

The food service department would like to say “Hello!” and introduce you to our rockin’ new lunch items. We’ve included exciting new menu items such as a fruit and yogurt munchable, hummus munchable, fruit and yogurt parfait, more dark green and orange vegetables, legumes, fresh weekly salads, and new kid-approved products! For more information about the Rock on Café™, go to: [www.rockoncafe.com](http://www.rockoncafe.com)

The meals are nutritious and prepared fresh!  
On average the menu provides as planned:  
30% or fewer calories from fat,  
10% or fewer calories from saturated fat, and whole grains.

**Best of all, you can’t beat the price of a school lunch! Check it out:**



**Example of a Homemade  
Lunch Cost:  
\$3.00 per lunch**

*Based on: Turkey Sandwich with cheese,  
4oz juice box, 1oz pretzels, applesauce,  
& purchase 8oz milk from school*



**School  
Lunch Cost:  
\$ 2.05 Elementary Lunch  
\$ 2.30 Secondary Lunch**

*Provides at least: 2oz meat or cheese, a serving of  
fruit &/or vegetables, 1oz grains, and 8oz low-fat dairy*

## **PRE-PAY ONLINE. IT’S A CONVENIENT OPTION...**

**You can pre-pay online for your child’s meals! Best of all, you will be able to monitor how your child is using the money.**

**For more information go to:**

**<http://www.jcschools.com/Departments/FoodService/foodservice.html>**

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