

MEAL PRICES

	Breakfast	Lunch
Full Price	\$1.90	\$3.65
Reduced K-12	FREE	FREE
Adults	\$2.65	\$4.90
CEP SCHOOLS	--NO CHARGE--	
Second meals at all schools will be charged the full price rate.		

A la Carte Prices

Check with your school kitchen for options and prices.

DAILY MEAL OPTIONS

1. PB&J Sandwich
 2. Yogurt Combo (yogurt, string cheese, cracker & granola)
 3. Cold Sandwich
- A variety of milk, fruits and vegetables served at every meal!



START YOUR DAY WITH BREAKFAST

SCAN ME



Participating in school breakfast is associated with improved math grades, attendance and punctuality! Our breakfast includes whole grain cinnamon rolls, reduced sugar cereals, yogurt parfaits, pancakes, breakfast bars, waffles and much more! Breakfast is served with fruit and milk.

To find your student's breakfast menu, visit our website at www.everettsd.org and click on MENUS or scan the QR code.

PAYMENT METHODS



Make payments, set up low balance reminders, autopay, transfer funds and check transaction history online at: www.MySchoolBucks.com. My School Bucks does charge a small fee when you make a payment online. All other features are free to use. Cash and checks will be accepted in the kitchens. Student's name and ID should be written on the check and sealed envelopes.

FREE/REDUCED MEAL FORM

The Free/Reduced application has been replaced with the Child Nutrition Eligibility & Education Benefit application (CNEEB). This application may qualify you for: meal benefits, Summer EBT benefits, reduced fees for other programs and activities, and/or help secure funding for your school. If your child(ren) are enrolled in a Community Eligibility Provision (CEP) school, completing this application will not impact your eligibility to receive meals at no cost but is required to receive the other above services. We encourage all families to complete the online application by scanning the QR code.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Diggity Hot Dog or Dancin' Corn Dog Wedge Potatoes	3 French Bread Pizza Boat Classic Caesar Salad	4 Mandarin Orange Chicken over Rice or Chana Masala Excellent Edamame	5 Café Kids Hamburger or Captain's Fish Sandwich Bouncin' Baked Beans	6 Early Release Mini Cheese Calzone Champion Corn
9 Golden Chicken or Fish Strips with Chocolate Bear Crackers Roasted Asparagus	10 Pasta Day with Garlic Toast (pasta varies by location, check with your kitchen) Classic Caesar Salad	11 Cheesy Pizza Day Champion Corn	12 Breakfast for Lunch Day Skater Taters	13 Homestyle Grilled Cheese Sandwich Tasty Tomato Soup

Monday	Tuesday	Wednesday	Thursday	Friday	DID YOU KNOW?
16 Teriyaki Day (varies by location, check with your kitchen) Vegetable Stir Fry	17 Golden Chicken Strips or Drummin' Chicken Drumstick Fluffy Mashed Potatoes	18 Burger Day Assorted Potatoes	19 NO SCHOOL JUNETEENTH	20 Chef's Choice (check with your kitchen) Chef's Choice	 <p>FREE SUMMER LUNCH! Join us this summer for free summer lunch! Everett Public Schools Food & Nutrition Services will be sponsoring several sites this year. Meals are free for all kids ages 1-18. This program will run from June 30 until August 14 at most sites. Check the website for up to date locations, days and times. www.everettsd.org/Page/39017 Or text the word "food" to 877-877 to find a location near you. You can also call USDA 1-800-348-6479 or visit Parenthelp123.org.</p>
<p>Our goal is to expand the variety of produce the students consume. Our <i>Garden Spot</i>, <i>Harvest of the Month</i> and <i>Fresh Fruit Fridays</i> expose students to a wide assortment of self serve produce. Daily items includes fresh, canned and dried fruits, veggies, legumes and our homemade hummus.</p>  <p>FARM TO SCHOOL</p>			 <p>HARVEST OF THE MONTH BROUGHT TO YOU BY FOOD & NUTRITION SERVICES</p> <p>APRICOT Apricots help with digestion as they offer two types of fiber! Both fibers help promote healthy gut bacteria. Apricots also have nutrients that help improve night vision. They are also high in Vitamin A.</p> <p>ASPARAGUS Asparagus is a good source of dietary fiber, which plays an important role in digestion. It is also a good source of Vitamin A. Asparagus has anti-aging properties that may help reduce the risk of cognitive impairment.</p> 		<p>SOCIAL MEDIA</p>  <p>Find & follow us on social media using #EPS_Cafe</p>
			<p>HAVE A GREAT SUMMER!</p> 		<p>RECIPES</p>  <p>Find your favorite school recipes by scanning the QR code.</p>  <p>SCAN ME</p>