

2021-2022

# BACK TO SCHOOL **FOOD SERVICE** OPTIONS

**Welcome Back!** Below is an over view of what you can expect.  
(USDA extended FREE meals to children through the '21-'22 school year)



## **SOUTHSIDE • PINE RIDGE • ROSE PARK • FOREST SCHOOL**

Breakfast will be offered, as students enter the building each morning, to take to their class or locker. Students must choose a fruit along with 1 other choice—we encourage our students to **take 3 items**.

### **FREE BREAKFAST** Menu Choices:

- Fresh, canned fruit options and/or 100% juice
- Low sugar cereal bowls or muffins
- Yogurt, Cheese choices, or Boiled Eggs
- 1% White Milk

**PRESCHOOL STUDENTS** will be offered breakfast in their classroom when they arrive, and as before, lunch will be **FREE**. We will continue the *grab and go* options for students who have ½ day as well as for siblings.

Lunch will be **FREE** as well, with all the favorite options as before!



## **HC MIDDLE SCHOOL**

Breakfast will be offered each morning as the students enter the building. Students will pick up their choices to take to their classroom or keep for break. Students must choose a fruit option along with 1 other choice—we encourage our students to **take 3 items**.

### **FREE BREAKFAST** Menu Choices:

- Fresh, canned fruit options and/or 100% juice
- Low sugar cereal bowls, bagels or muffins
- Yogurt, Cheese, or Boiled Eggs
- 1% White Milk

We plan to add to our **FREE** lunch menu but, we're waiting for MDHHS, and our local health department, for final decisions on serving formats.

### **FREE LUNCH** Menu Choices:

(Popular lunch choices)

- Tex Mex
- Chopped Salad
- Mac Your Way
- Fredo Friday
- Grab and Go Salads
- "Chef Choice Menu"

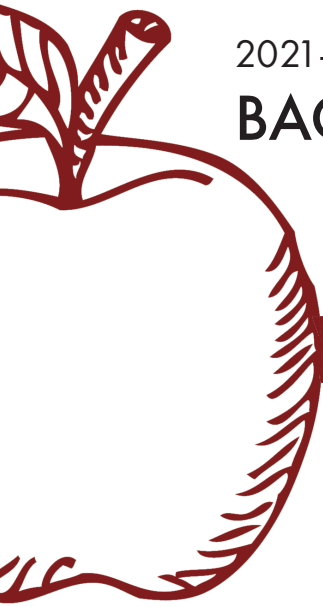
## **HC HIGH SCHOOL**

Our grab and go breakfast before school was so popular, we plan to continue for one more year. We will continue to serve from our cafeteria each morning.

### **FREE BREAKFAST** Menu Choices:

- Fresh, canned fruit options and/or 100% juice
- Low sugar cereal bowl, bagels or muffins
- Yogurt, Cheese choices
- Hot Egg, Sausage, Cheese sandwich
- Big Apple Bagels w/ Cream Cheese
- 1% White Milk
- Fruit Smoothies
- Coffee drinks

Students must take a fruit along with one other choice. We encourage students to **take 3 items**. If students want an additional sandwich or bagel, there is an ala carte charge.



We encourage you to apply online at [Lunchapp.com](https://lunchapp.com) if you have qualified for meal benefits in the past, or feel you may qualify, even though meals are **FREE**. So many benefits are tied to meal applications. I wouldn't want anyone to miss out. Questions, email [nmichaels@hollandchristian.org](mailto:nmichaels@hollandchristian.org)