Food costs are up! Fuel costs are up! What's a parent to do? School meals are a great value and beneficial in many important ways!

- <u>Brain Fuel</u> Kids who regularly eat school meals have higher test scores, greater attention spans, less tardiness, and fewer discipline problems.
- <u>Nutrition</u> School meals give students the recommended nutrients for their age groups and meet nutritional guidelines.
- <u>Time Saver</u> No time to make breakfast or lunch? No worries healthy and tasty meals are already planned and prepared for your child.
- <u>Choices</u> Students can choose from a variety of meals daily. Visit our website
 <u>www.ccsd.net/foodservice</u> to view menus and learn more about
 our nutritious menu options.

FREE AND REDUCED MEAL BENEFIT APPLICATIONS

- Enrolling NEW students? *Kindergarten students &/or new to CCSD*
- An application, **ONE** per **HOUSEHOLD**, must be completed **EACH** school year.

Looking for a faster more convenient way to apply? Apply online at

www.applyforlunch.com

Applications are also readily available at your student's school

Have questions regarding Free or Reduced Price Meals call (800) 819-7556

MEAL PRICES		
	Breakfast	Lunch
Elementary School	\$1.25	\$2.00
Middle/High School	\$1.50	\$3.25

Want to save time and gas? Pay &/or monitor your child's account online at

www.MySchoolBucks.com

No fee to pay for student(s) meals online