September 2021

**Announcements**

Food Shortages are nationwide, and our school is also experiencing unavailable items or last minute replacements. Menus are subject to change, but we will do our best to notify you if there are any major changes.

**ALL MEALS INCLUDE MILK.**

**Meal Prices**

Please note that due to federal funding in response to the COVID-19 pandemic, meals are FREE for all schools regardless of income status for the duration of the 2021-2022 school year. Second meals and Adult meals will be charged the adult meal price. Only complete meals will be Free. Any single or extra items will be charged. Food preferences such as vegan/vegetarian that are not MEDICALLY necessary will not be accommodated. Meals for children with special dietary needs will be provided upon request.

**In Season Grapes**

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants.