

## Free and Reduced Meal Program

Free and Reduced meals are offered daily at North Monterey County Middle School. As always, your participation is confidential and not known by other students.

If you did not receive a letter qualifying you for free meals by direct certification or participation in the migrant program, you must submit a new application for the 2009/2010 school year by September 18, 2009. Applications are available in the school office and the school cafeteria. Return completed applications to the school cafeteria, school office, or to Child Nutrition Services.

*All meal stations are now equipped with computers. Use your student ID number to purchase meals at any of our point of sale stations. Our "chuck wagon" pulls into the parking lot at lunch time where you may also purchase your meals. You may also deposit money into your account at any station, or you may use the internet at [mynutrikids.com](http://mynutrikids.com) to add money to your account. Please remember, we do not allow students to charge their meals.*

*If you have any suggestions about how we may serve you better, please contact the cafeteria with your ideas and recommendations.*

For more information about school lunches contact us at :  
North Monterey County USD  
Child Nutrition Services  
8142 Moss Landing Road  
Moss Landing, CA 95039  
831-663-4290

North Monterey County USD  
North Monterey Middle School

# Home of the Phoenix



## BREAKFAST AND LUNCH MENU

Child Nutrition Services

## BREAKFAST

Select one entrée and up to 2 side dishes.  
Not all entrees are offered every day.

Ham and Cheese Bagels  
Bagel w/Cream Cheese  
Assorted Muffins  
Low Fat Yogurt  
French Toast  
Sausage and Egg Muffin  
Churros  
Buttermilk Bar  
Whole Wheat Cinnamon Roll  
Peanut Butter and Jelly Sandwich  
Mini Pancakes  
Whole Grain Cereal

### Breakfast Sides

100% Juice  
Low Fat Milk  
Assorted Fresh Fruit  
String Cheese  
Cheddar Cheese Square

## LUNCH

Select one entrée and up to 2 side dishes with milk. Not all entrees are offered

Spicy Chicken Burgers  
Mini Cheeseburgers  
Pepperoni Pizza  
\*Cheese Pizza  
Hawaiian Pizza  
\*Veggie Pizza  
Hamburgers  
\*Bosco's Cheese Sticks  
Cheese Burger  
\*Grilled Cheese Sandwich  
Deli Sandwich  
Bagel Sandwich  
Orange Chicken w/Rice  
Tuna Salad Sandwich  
Tacos  
\*Burritos  
Hot Dogs  
Corn Dogs  
Teriyaki Chicken w/Rice

\*Vegetarian Option

## LUNCH SIDES

Low Fat Milk: White or Chocolate  
Assorted Fresh Fruit  
Baby Carrots  
Assorted Canned Fruits  
100% Fruit Juice  
8 oz. Water  
Baked Tater Tots or French Fries  
Assorted Cookie or Crackers  
Side Salad  
Celery Sticks w/Peanut Butter

### MEAL PRICES 2009/2010

Bargain Breakfast	\$1.50
Reduced Breakfast	\$.30
Bargain Lunch	\$2.50
Reduced Lunch	\$.40



