

Join us for breakfast

Breakfast is offered daily in all schools before the start of the school day at no charge to students. All students are allowed one breakfast each school day during breakfast serving times.

School Breakfast

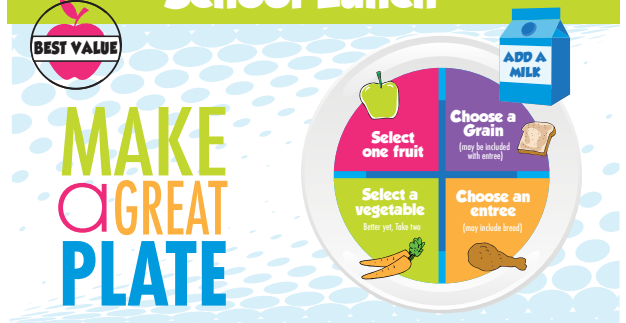


A complete school breakfast consists of:

- 1 an entrée made with grain and/or meat/meat alternate
- 2 milk
- 3 two servings of fruit or juice (limit one juice per meal)

All students will be required to take at a minimum one serving of fruit or juice and two additional items in order to receive the meal at no charge. A breakfast entrée counts as two items. At a minimum, a student must select an entrée and a fruit or they may select two fruits and milk to have the meal count as a breakfast. The maximum amount of food a student can select at no charge is one entrée, milk, and two servings of fruit or one serving of juice and one serving of fruit. If student does not select a complete school breakfast, items selected will be charged ala carte.

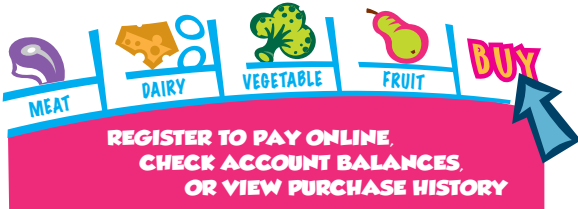
School Lunch



Lunch is offered daily in all schools. A lunch consists of:

- 1 an entrée made with grain and/or meat/meat alternate
- 2 milk
- 3 vegetable
- 4 fruit

Students must take a minimum one serving of vegetable or fruit and two additional items to make a complete school lunch. A lunch entrée counts as two items. At a minimum, a student must select an entrée and a fruit or vegetable or they may select two fruits and/or vegetables and milk to have the meal count as a complete school lunch. The maximum amount of food a student can select is one entrée, one milk, two vegetables, and a fruit. If a student does not select a complete school lunch, items selected will be charged ala carte.



www.paypams.com

For assistance: Email paypams@cms.k12.nc.us or call 980-343-6041 and select the electronic payment option.

MEAL PRICES:

- Student Breakfast... No Charge
- Pre-K Lunch... \$2.00
- K-8 Lunch... \$2.25
- 9-12 Lunch... \$2.50

Students attending Community Eligible Provision schools (CEP) receive breakfast and lunch at no charge.

Visit www.cms.k12.nc.us for a list of CEP schools.

JOIN US FOR BREAKFAST & LUNCH AT SCHOOL

MON 8/24	TUES 8/25	WED 8/26	THUR 8/27	FRI 8/28
Chicken Biscuit School Pizza - Cheese or Pepperoni Asian Spicy Chicken w/Lo Mein & Roll Chicken Caesar Salad w/CROUTONS & Tortilla Sweet Kernel Corn Oriental Stir Fry Vegetables Fresh House/Caesar Salad Baby Carrots w/Ranch Fresh Banana Fresh Apple Slices Peach Cup Sweet Raisins	Stuffed Cheese Breadstick Chicken Nuggets & Roll Turkey, Ham & Cheese Wrap Chef Salad w/CROUTONS & Roll California Vegetables Potato Wedges Fresh House/Caesar Salad Veggie Bites w/Ranch Lettuce, Tomato, Pickle Fresh Watermelon Fresh Grapes Fruit Cocktail Applesauce	Breakfast Sausage on a Stick Chopped Chicken BBQ Sandwich Salisbury Steak w/Rice & Roll Chicken Caesar Salad w/CROUTONS & Tortilla Glazed Sweet Potatoes Seasoned Green Beans Fresh House/Caesar Salad Baby Carrots w/Ranch Fresh Whole Apple Fresh Orange Blueberry Parfait Sweet Raisins	Mini French Toast Hamburger OR Cheeseburger BBQ Chicken w/Roll OR Roasted Chicken w/Roll Chef Salad w/CROUTONS & Roll Fresh Steamed Collard Greens Mashed Potatoes Fresh House/Caesar Salad Veggie Bites w/Ranch Lettuce, Tomato, Pickle Fresh Cantaloupe Fresh Pears Golden Pineapple Tidbits Strawberry Cup	Steak Sandwich Fish Sandwich Rotini w/Meat Sauce & Breadstick Chicken Caesar Salad w/CROUTONS & Tortilla Fresh Steamed Broccoli Black-Eyed Peas Fresh House/Caesar Salad Baby Carrots w/Ranch Lettuce, Tomato, Pickle Fresh Whole Apple Fresh Banana Mandarin Oranges Diced Pears

Need Help Paying For School Lunch?

Families may apply for free or reduced price lunch throughout the school year.



Applications are available at your child's school if you wish to complete a paper application.

Mail completed applications to:

Charlotte-Mecklenburg Schools
Child Nutrition Services
P.O. Box 668847
Charlotte, NC 28266-8847

1. Apply online for faster processing at www.cms.k12.nc.us
2. You will receive a confirmation number when your application is submitted.
3. An eligibility letter will be sent to the household in US Mail within 10 days of processing.

STUDENTS WITH SPECIAL NUTRITIONAL NEEDS

Child Nutrition Services can make menu accommodations for special nutritional needs as ordered by your child's healthcare provider.

All requests for menu accommodations must be made by completing a CMS Diet Order form. A new form must be submitted at the beginning of each school year and when there is a change.

Forms are available on the CMS website at www.cms.k12.nc.us under the Child Nutrition Services department.