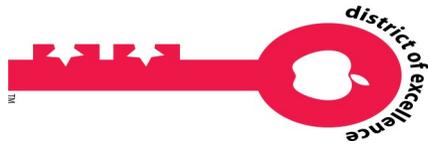


# Science Hill Cafeteria FALL 2016

USDA and this institution are equal opportunity providers and employers.



**Make MyTray Healthy!**  
All School Meal Customers Must Choose:  
**1 Juicy Fruit OR  
1 Colorful Vegetable  
& 2-4 Additional Different  
Food Group Choices**

Everyone must check out through one of the cashier stations before leaving the serving area.

There will be consequences for those who eat food in the serving area or who leave the serving area without properly checking out through a cashier.

Thank you for your cooperation!

### Full Meal Vending Machines

Full meal vending machines make breakfast, lunch, and snack options available throughout the school day—and afterschool.

Students can key in their birthdate and student id number and select a variety of food choices. Machines are available for use by ALL students.

Normal meal prices are charged. For those who need money to buy lunch, this is a non-cash machine, so students must keep money in their school meals account.

Payments can be made by cash or check on site or through [www.myschoolbucks.com](http://www.myschoolbucks.com).

**Convenience Control  
CONNECT!**

**Use your credit card  
to pay for meals  
on-line!**

Go to  
[www.myschoolbucks.com](http://www.myschoolbucks.com)  
and follow the directions,  
or call us at 434-5228

Be pro-active and always have meal money for your student! The system will notify the home when the account gets low. Set up automatic payments by either date or declining balance amount, and MORE.

Checks with imprinted check numbers and contact information are accepted for meal account payment at the cafeteria. Any returned checks are handled by ReSubmit and are subject to the maximum collection fees allowed by law.



Introducing Nutrislice, an online and convenient way to view your child's school lunch menu that has intuitive features and engaging designs.

With Nutrislice, you can:

- ◆ View nutrition info and carb counts for each food
- ◆ See images and descriptions of the foods
- ◆ Visit our site at : <http://jcschools.nutrislice.com/>

# One item's been on our menu since 1946.

*Education.* That's what we've been serving for nearly 70 years. The National School Lunch Program began after World War II to make sure America's youth would be physically ready to defend our country. And we're still all about helping to get your kids ready -- ready to learn and ready to live healthy lives. That's why our local program has made significant changes over the last several years, like offering more fruits, vegetables, and whole grains. And that's why we'll continue to do whatever it takes to make sure that we serve education every day.

Breakfast

\$ 1.50

Lunch

\$ 2.75

See the attached information to learn more about free and reduced-price meals in our district. Call 423-434-5228 if you have further questions.

**School Meals**  
*We serve education every day™*

Johnson City School Food and Nutrition Services

## Available Daily

### Breakfast:

**Fresh Fruits, Juice, Low Fat Milk**

**Assorted Cereal**

**Banana Bread, Muffin, Cinnamon Roll, Poptart**

**Yogurt and granola**

**Yogurt Smoothies and Yogurt Parfaits**

### Lunch:

**Fresh Fruits, Juice, Low Fat Milk**

**Leafy green salads and fresh veggies**

**Ranch dressing, Hummus**

**A selection of Made-to-Order sandwiches,**

**cold sandwiches and wraps,**

**Breaded Chicken Filet Sandwich, Popcorn Chicken**

**Freshly made and baked pizza with assorted toppings**

**Snack packs with PBJ, yogurt, cheese**

### Alternating throughout the week:

**Bacon cheeseburger, Pork BBQ sandwich, Meatball sub**

**Buffalo chicken ranch wraps...AND MORE!**

First things First  
**BREAKFAST  
@SCHOOL**  
For first-class learning!

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!