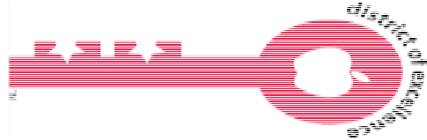


Science Hill Topper Cafeteria FALL 2017

USDA and this institution are equal opportunity providers and employers.
Menus may change without notice due to unforeseen availability or delivery issues.



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. 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.

Prepay for School Meals Online for faster service!

Parents can....

Deposit funds in their student's meal account any time!

View cafeteria purchases!

Track meal account balances!

Set up low-balance e-mail reminders!

Schedule recurring payments!



Go to myschoolbucks.com

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.
Repeated problems with returned checks will prevent checks from being accepted for meal payments.



Digital Menus—Download "School Lunch by Nutrislice" on Google Play and the App Store today!
It's PRICELESS!



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 cold sandwiches and wraps
Breaded Chicken Filet Sandwich
Chicken Tenders
Freshly made and baked pizza with assorted toppings
Snack packs with PBJ, yogurt, cheese
Made to order Sandwich Bar
Alternating throughout the week:
Bacon cheeseburger
Pork BBQ sandwich
Meatball sub
AND MORE!

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

\$1.75

Lunch

\$2.85

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

What is a breakfast "meal" ?

Choose at least 3 servings of different food items.
A Fruit, Juice, Or Veggie Must be selected

- 1 serving milk
- 1 serving fruit and/or juice
- 1 serving each bread and protein OR 2 servings bread

What is a lunch "meal"?

Choose at least 3 servings of different food items from the following food groups.

A Fruit, Juice, Or Veggie Must be selected.

- 1 serving milk
- 1 serving protein
- 1 serving bread
- 1-2 servings of fruit or juice
- 1-2 servings of veggies

Meals are priced as a unit and it is more economical to get the full meal price. Single items are available at ala carte pricing. See signage in meal areas for prices.



Breakfast is available before school and again as **Second Chance breakfast** after first block.