

QUEEN CITY ISD PAID AND REDUCED PRICE MEAL PRICES & MEAL COMPONENTS

SCHOOL YEAR 2022-2023

QCISD BREAKFAST: all students are offered at least four (4) items; elementary students are required to take all four(4) items; all other students are required to take three (3) items but are encouraged to take all four (4). One (1) of the items **MUST** be a fruit or vegetable offering. QCISD offers a choice of one main breakfast item or cereal; both items come with a fruit, juice and milk choice.

QCISD LUNCH: all students are offered at least five (5) items; elementary students are required to take all items offered; all other students are required take at least three (3) items, but are encouraged to take all items offered. One (1) of the items **MUST** be a fruit or vegetable offering. JKH Elementary offers one (1) main lunch entrée item and fruit, vegetable, grain and milk. MUMS & QCHS often offer a choice from occasionally two (2) main lunch entrée items (but usually one main lunch entrée) and fruit, vegetable, grain and milk choices. MUMS & QCHS also offer a baked potato, a chef salad or a sandwich as a main lunch item with choice of vegetables, grain, milk and fruit served that day (the baked potatoes and chef salads are not guaranteed to be offered every day).

*At least 80% of all bread items are whole grain rich and **MAY** have a meat, vegetable or fruit item offered to go with them.

*All fresh fruits served are purchased weekly and all canned fruits are packed in light syrup or their own natural juices.

*All juices served at breakfast or lunch are 100% juice.

*A choice of 1% unflavored milk or fat free flavored milk is offered at each meal every day. (Lactose Free milk is also available for students who are lactose intolerant)

***All menu items are subject to availability.**

*All menus are compliant with USDA guidelines.

ELEMENTARY

ALL FREE

3-yr old—4 th grade	\$1.70 / Breakfast	\$2.80 / Lunch
Reduced	\$0.30 / Breakfast	\$0.40 / Lunch

MIDDLE SCHOOL

5 th —8 th grade	\$1.70 / Breakfast	\$3.00 / Lunch
Reduced	\$0.30 / Breakfast	\$0.40 / Lunch

HIGH SCHOOL

9 th —12 th grade	\$1.70 / Breakfast	\$3.10 / Lunch
Reduced	\$0.30 / Breakfast	\$0.40 / Lunch

*Queen City ISD is an equal opportunity provider.