

# Nutrition & Wellness

## Connector



### School Food: Did you know?

You are welcome to eat with your students during their lunch. The cafeteria would like your feedback, you can rate the food items and view the menu online at: [frederick.nutrislice.com](http://frederick.nutrislice.com)

You can add money to your student account at [frederickcounty.schoolcashonline.com](http://frederickcounty.schoolcashonline.com)

### **Note for Parents:**

1. **PACKERS:** If your student brings lunch, Don't forget to pack:

- Napkins
- Utensils

Cafeteria only provides these to students purchasing a meal. (Donations of napkins and disposable utensils accepted)

2. **ALACARTE:** If your student is purchasing too many snacks, you can write in a note to the cafeteria to remove items or set allowances.

3. **PHYS-ED:** Don't forget to send your student with sneakers on Physical Education days!

### LUNCH TIMES

K-10:45	1-11:05
2-12:00	3-11:40
4-12:25	5-11:25

### MEAL PRICES

Breakfast	1.45	Reduced	0.30
Lunch	2.25	Reduced	0.40
Milk	0.60		