

GETTYSBURG AREA SCHOOL DISTRICT

VIDA Charter School

Lunch Menu June 2019

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Secondary Lunch	\$	2.55
Elementary Lunch		2.25
Reduced Lunch		.40
Adult Lunch		3.60
Milk		.55

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JUNE 3

JUNE 4

JUNE 5

Choice 1

- Cheeseburger on Bun
- Baked French Fries
- Steamed Vegetable
- Assorted Fresh & Canned Fruits
- Choice of Milk

- Cheese Pizza
- Steamed Vegetable
- Tater Tots
- Assorted Fresh & Canned Fruits
- Choice of Milk

- Ham & Cheese Sandwich
- Fresh Carrots
- Fresh Apple Slices
- Steamed Vegetable
- Choice of Milk

CONGRATULATIONS



Thank you for your participation in the Food Service Programs. It has been a pleasure providing you with this valuable service and good nutrition through our Breakfast and Lunch Programs. Please know that we are very proud of you. As you cherish the fruits of your hard work, we wish that success keeps following you in everything that you do. Today and always. Congratulations and Best Wishes for a great future.

Monday's Alternate Choices

- Choice 2 - Oven Baked Popcorn Chicken w/Dinner Roll
- Choice 3 - Turkey & Cheese Sandwich

Tuesday's Alternate Choices

- Choice 2 - PBJ on Whole Wheat Bread
- Choice 3 - Oven Baked Chicken Nuggets w/dinner Roll

HALF DAY OF SCHOOL

THANK YOU

The Food Service Staff would like to thank everyone who participated in the Breakfast and Lunch Programs this school year. We hope that we will have the same opportunity to serve you again next school year. Should you have any questions about the Food Service Programs or student meal accounts, please give us a call at 717-334-6254, ext 1204. I hope everyone has a summer filled with fun, relaxation, good health, and lots of physical activity and good nutrition to keep their body, mind and soul in good health. Please visit us at our Summer Food Service Program at Lincoln Elementary School Cafeteria. The program is open to EVERYONE 18 years of age and under to enjoy a FREE lunch.



SUMMER FOOD SERVICE PROGRAM



The Summer Food Service Program will begin Monday June 17, 2019 and run all summer to Friday August 2, 2019. We will be closed July 4 & 5. The program is sponsored by the Gettysburg Area School District and served at Lincoln Elementary School Cafeteria from 12 noon to 12:45 p.m. The Program is FREE to anyone 18 years of age and under. Parents should accompany young children. Food will not be available for infants. Adults, Parents, Guardians can purchase meals to enjoy with their children for \$3.60. The summer food service program is a Federally funded program operated by the U.S. Department of Agriculture.

STUDENT NEGATIVE MEAL ACCOUNTS

It is important that all negative meal account balances are paid in full by the last day of school, Wednesday June 5, 2019. If you have any questions about your child's account, please call Vida's Office.



APPLYING FOR FREE AND REDUCED MEAL BENEFITS

If you wish to continue receiving free or reduced meals next school year (2019-2020), you must reapply. Beginning August 1, 2019, you may submit a free or reduced meal application online. Please visit www.schoolcafe.com to apply. Once you submit your application, it will come in to the Food Service department and we will process your application. You will receive a notice. If you are receiving free or reduced meals the last day of school, June 5, 2019, you may continue when school resumes in August 2019. But, you must complete a new meal application within two weeks of the new school year in



Consuming dairy products provides many health benefits especially bone health. Foods in the dairy group provides nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein. Calcium is used for building bones and teeth and in maintaining bone health. Dairy is the primary source of calcium in American diets. Diets rich in potassium may help to maintain blood pressure. Dairy products especially yogurt and milk provide potassium.

