


**Important Information****Child Nutrition, A Recipe for Excellence 980-343-6041.****Child Nutrition works in partnership with Mecklenburg County Health Dept. "All Foods Fit" with "Fit City for Families"**

- A variety of cold cereal and fruit/juice is offered at breakfast daily.
- Salads and fruits are offered at lunch daily.
- A vegan entree of Beans and Rice can be requested one day ahead.
- Menu is subject to change without prior notice.
- The following products contain pork; pepperoni, sausage biscuit, sausage griddle cake sandwich, sausage bagel, breakfast sausage pizza, BBQ sandwich, and gelatin. 
- We serve turkey ham, turkey corn dogs, beef/turkey hotdogs.
- The following products may have been manufactured in a plant that also produces items with Tree Nuts (not peanuts), products do not contain Tree Nuts; Chocolate Cupcakes, Vanilla Cupcakes, White Cake, Chocolate Cake, and Pepper Gravy.
- Applications for free or reduced price meals are available all year at your child's school. Visit our website at [www.cms.k12.nc.us](http://www.cms.k12.nc.us).
- Each child may select one milk choice at breakfast or lunch.
- A complete lunch consists of five menu items; entrée, bread, two different side dishes (fruit and vegetables), 1/2 pint milk, Students are allowed to decline up to two menu items at lunch.



*In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender (male or female), age, or disability.*

*To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.*

For your child's menu, complete nutritional information and carbohydrate content of all foods offered in our cafeterias, visit our website at [www.cms.k12.nc.us](http://www.cms.k12.nc.us). Click on Quick Links at the top of the page and then onto Lunch Menu.

**Meal Prices:**

Pre-K Breakfast.....\$1.00  
 Pre-K Lunch.....\$1.80  
 Student Breakfast.....\$1.25  
 Student Lunch.....\$2.05  
 \*Vegetarian Entrée  
 \*\*Vegan Entrée  
 Adults -  
 A la carte

Make meal payments and monitor your child's purchases at [www.paypams.com](http://www.paypams.com).

Parents are responsible for payment of meals charged to student accounts.