

# Say Yes! To School Meals

Food costs are up! Fuel costs are up! What's a parent to do? School meals are still a good value and beneficial in so many ways:

- **Brain Fuel** Kids who regularly eat school meals have higher test scores, greater attention spans, better attendance rates, less tardiness, and fewer discipline problems.
- **Nutrition** School meals give students the recommended nutrients for their age groups, and meet all established nutritional guidelines.
- **Time Saver** No time to make breakfast or lunch? No worries---tasty, healthy meals are already planned and prepared for your child.
- **Choices** Students can choose from a variety of meals every day. Visit our website at [www.ccsd.net/foodservice](http://www.ccsd.net/foodservice) to view menus and learn more!

2009-10 Meal Prices	Breakfast	Lunch
Elementary School	\$1.25	\$1.75
Middle/High School	\$1.50	\$3.00



Pay for meals online with your debit or credit card. See where your money goes and see what your kids are eating. Save time *and* gas by paying from home. Log on to:

[www.schoolpaymentsolutions.com](http://www.schoolpaymentsolutions.com)

Applications for free or reduced price meals are available in school kitchens and will soon be available to download at our website at [www.ccsd.net/foodservice](http://www.ccsd.net/foodservice). Families can qualify by income level and an application must be submitted each new school year. For more information please visit our website at [www.ccsd.net/foodservice](http://www.ccsd.net/foodservice) or call Food Service Department at 1-800-819-7556.