

## Tips for choosing a balanced plate.

To help better understand the meal prices at Deer Creek, please read the notes below. For the 2015-2016 school year, Deer Creek Child Nutrition did not increase any meal prices. The only change is that your students just have more options available this year with their Sodexo School Lunch Program.

### Elementary/Middle

**2.65 for Paid**

**0.40 for Reduced**

### High School

**3.00 for Paid**

**0.40 for reduced**

In order to get the published meal prices your students must take a fruit or vegetable with their lunch. If they refuse to take a fruit or vegetable they will be charged a la carte prices for each item.

### Lunch Items

**\$2.00 for Entrees**

**\$0.75 for Fruits and Vegetables**

**\$0.55 for Milk**

### Smart Snacks (Intermediate/Middle/High)

**Chips: \$1.25**

**Bottles Beverages: \$1.50**

**Granola Bars: \$1.25**

**Rice Krispies Treats: \$.75**

Here is an example of how this works. A slice of pizza with a fruit, side salad and milk is **2.65/3.00**. A slice of pizza and a milk, if the student refuses to take a fruit or vegetable is 2.55. The value in the meal is only available when a fruit or vegetable is selected. The child nutrition department cannot force them to take any components. We offer a minimum of 5 fruits and vegetables daily to complete their meal. Please encourage them to take advantage of our fruit and vegetables bars to balance their plate and provide the best value.

Parents also have the ability to place spending limits on your student's accounts through [www.myschoolbucks.com](http://www.myschoolbucks.com) or by calling the child nutrition department at 405-348-6100. We can place a daily spending limit or only allow regular lunch meals. If you have any questions please reach out to us. We are here to help make your student's dining a memorable experience.

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