# Kids Eat Free!
## Ludlow's Food Services Information

The Ludlow Independent School District participates in a program that allows ALL students to receive a FREE breakfast and FREE lunch each day. Students are still permitted to purchase extra meal items, extra drinks, or á la carte items if they choose.

For our school to participate, every family is still asked to complete a home income form. Collecting these forms from all households is not only a requirement for this program, but is necessary for us to continue other funding and grants we receive.

Because students can still purchase extra items, parents can pre-pay on their student's cafeteria account if they choose. If you prefer to pay in person in the cafeteria, only cash is accepted. If you'd like to go online and pay via credit/debit card, and be able to monitor your child's spending, you can do that at www.MySchoolBucks.com.

Click on the CAFÉ MENU link on the school's webpage to check out the monthly menu for breakfasts, lunches, and after-school power snack. NEW THIS YEAR: New menu options! Each side will offer more hot and cold meal choices for our students!

### *Breakfast*
- ➲ Free for all students
- ➲ Served daily from 7:15-8:00am
- ➲ ES students eat in the cafeteria, while HS students pick up a Grab n' Go breakfasts outside the HS Office

### *Lunch*
- ➲ Free for all students
- ➲ À la carte snacks for all students cost 50¢
- ➲ À la carte drinks for elementary students cost 75¢ (water, 100% fruit juice)
- ➲ À la carte drinks for high school students cost $1.25 (water, Gatorade)

### *After-School Power Snack*
- ➲ Free for all students, starts Sept 8
- ➲ Ideal for students staying after school for activities
- ➲ Served daily from 3:15-3:45pm

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We want our students to be healthy! Eating breakfast every day gives students the nutrients and energy they need to perform better academically. Students who eat breakfast daily are able to focus and concentrate more throughout their day. This helps make Proficient Panthers!