

2017 - 2018

Breckinridge County Elementary School Menu

"We Think FOOD

Because Students Can't Think Without It!"

Everyone is welcome in the school cafeteria. We hope you will find something that appeals to you each day. If you have any questions, please feel free to ask any of the staff members.

Students who are hungry find it hard to stay alert and participate in their classroom experiences. The Breckinridge County Board of Education encourages all students to participate in the Lunch and Breakfast programs offered at each school.

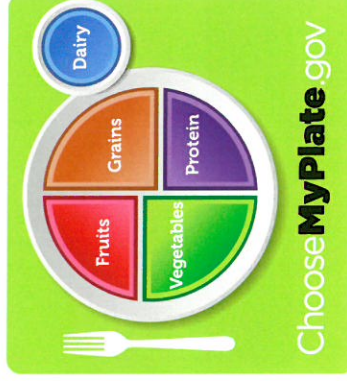
School meals are planned to provide 1/3 of the recommended dietary allowances for school-age children. Menus are planned to include a variety of choices, and changes have been made in food specifications and preparation to lower sodium, fat, and sugar in school meals. This is a gradual process that requires the cooperative effort of students, schools, and the community at large.

Menu is subject to change without notice due to inclement weather.

FREE Breakfast and Lunch

The Breckinridge County Public School District will offer free breakfast and lunch to all students for the 2017-2018 school year.

Please encourage your child to participate by eating breakfast and lunch in the school cafeteria.



Families Eating Smart and Moving More

Research points to five key behaviors that can help children, youth, and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.

By promoting good nutrition in the places where our children eat—at home and at school—we can have a greater impact on their health. Encourage your child's healthy eating habits by supporting school meals!



MyPaymentsPlus provides an easy-to-use, efficient way to make payments quickly and securely anytime using a simple internet connection. You can say goodbye to the hassle of sending in multiple checks to multiple locations for multiple students. It can all be done with one payment on MyPaymentsPlus.

MyPaymentsPlus also allows the ability to receive free, low balance emails and, in most cases, view the purchases made in the cafeteria online. Ala carte items may be purchased, but these items cannot be charged.

Go to: www.mypaymentsplus.com and register to view or pay your child's account. Please allow 2 days for payment processing.

Elementary School Cafeteria Managers

Hardinsburg	Nettie Parker	270-756-3023
Irvington	Valerie Kennedy	270-756-3053
Ben Johnson	Nancy Laslie	270-756-3073
Custer	Brittany Drane	270-756-3043