



ARBOR MANAGEMENT, INC.

Is pleased to be the provider of school lunches for Sycamore Schools!

Sycamore Schools participates in the National School Lunch Program and follows the guidelines set by the United States Department of Agriculture to provide meals that meet 1/3 of your child's daily nutritional needs. Per the guidelines, meals must be 30% or less of the calories from fat, and 10% or less calories from saturated fat.

Pattern meals consist of:

- 2 ounces of protein
- 2 servings of fruit and/or vegetable
- 2-3 bread servings
- 8 fluid ounces of milk

Students are offered a variety of choices daily. Menus are provided monthly in a calendar format, distributed from your child's school.

At the Middle School and High School, in addition to the nutritional lunch, there is a variety of Ala Carte items the students can purchase.

The cost of a pattern meal is \$2.50 which includes milk. Milk only may be purchased daily for \$.55. We encourage parents to place money on their students account to purchase lunch. Checks should be made out to Sycamore School District for the amount of purchase.

Remember, if a student qualifies for a free lunch they also qualify for a free breakfast.

If you have any questions, please call Sherry Godfrey at 815/899-8155.

**** Applications for free or reduced-price lunch and breakfast available in your school office.**