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## Nourishing Minds, Fueling Futures: Our School Meal Program

At our school, we believe that well-fed students are better prepared to learn and thrive. That's why we're proud to offer a comprehensive meal program that goes beyond just filling stomachs – we're committed to providing nutritious, balanced meals that meet Federal guidelines and cater to diverse tastes.

 Breakfast of Champions Start the day right with our nutritionally balanced breakfast options:


- Choice of fresh milk
- Seasonal fruits
- 100% fruit juices
- Delicious entrées (most containing 2 components)


To enjoy our breakfast at the standard price, students need only select a fruit and one additional component. For example, an Egg & Cheese Biscuit paired with crisp Apple Slices makes for a perfect breakfast!

 Lunch to Power Through the Day Our lunch menu is designed to provide energy and essential nutrients:

- Choice of fresh milk
- Variety of fruits
- Selection of vegetables
- Tasty entrée options (most containing 2 components)

To receive lunch at the standard price, students must include either a fruit or vegetable in their selection. For instance, a classic Cheeseburger with Milk and Apple Slices constitutes a complete lunch.

 Did you know? Your family may qualify for no-cost or reduced-price meals based on household income or family size. We encourage all families to explore this option: [SJCS D Free/Reduced App page](#)

 What's on the Menu? Curious about our daily offerings? Explore our diverse and nutritious menu options at Meal Viewer: [Visit MealViewer.com now](https://MealViewer.com)

At [Fruit Cove Middle School](#), we're not just serving meals – we're nurturing potential, one plate at a time. Join us in fostering a healthier, happier school community through good nutrition!