



**TRUMBULL PUBLIC SCHOOL MIDDLE SCHOOL LUNCH MENU**  
**AUGUST 30,31 SEPTEMBER 3-28, 2018**


**DAILY COMBO MEAL CHOICES**  
**\$3.05** Assorted Protein Salads Combo, includes bread.  
**\$3.00** Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw  
 Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses  
**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
 A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
 Hamburger or Cheeseburger or Hot Dogs  
**FRUIT & VEGETABLE BAR DAILY includes**  
 Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad

MONDAY SEPT. 17 ENTRÉE CHOICE	TUESDAY SEPT. 18 ENTRÉE CHOICE	WEDNESDAY SEPT. 19	THURSDAY SEPT. 20 ENTRÉE CHOICE	FRIDAY SEPT. 21 ENTRÉE CHOICE	<i>This Weeks Fruit &amp; Vegetable Bar Offers</i>
 <b>My Way Burger</b> on a W.W. ROLL Cheddar or Mozzarella or American Cheese lettuce, tomato, onion <b>BAKED POTATO ROUNDS</b> Peas and Carrots PEACH CUP, Ketchup <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	PANCAKES with Hot Cinnamon Apple Slices SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK <b>STRAWBERRIES</b> MIXED FRUIT <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	YOM KIPPUR  NO SCHOOL	 <b>CHICKEN NUGGETS</b> HONEY or BBQ DIPPING SAUCE <b>* BAKED CONFETTI FRIES</b> MIXED VEGETABLES RAISINS WHOLE WHEAT ROLL Ketchup <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	Sweet Potato Fries Broccoli Sweet potato Bites Carrots Spinach Romaine Lettuce Tomato Celery Potato Rounds Peppers Chickpeas Onions Hummus Peaches Raisins Orange Smiles Mixed Fruit Applesauce Grapes Apples Pears Strawberries

**ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
 Milk is available with all lunches  
 Daily Milk Choices include: 1%, Skim, Fat Free Flavored



**DAILY COMBO MEAL CHOICES**  
**\$3.05** Assorted Protein Salads Combo, includes bread.  
**\$3.00** Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw  
 Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses  
**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
 A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
 Hamburger or Cheeseburger or Hot Dogs  
**FRUIT & VEGETABLE BAR DAILY includes**  
 Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad  
 Students must choose one fruit or vegetable serving or both to complete a meal.

MONDAY SEPT. 24 ENTRÉE CHOICE	TUESDAY SEPT. 25 ENTRÉE CHOICE	WEDNESDAY SEPT. 26 ENTRÉE CHOICE	THURSDAY SEPT. 27 ENTRÉE CHOICE	FRIDAY SEPT. 28 ENTRÉE CHOICE	<i>This Weeks Fruit &amp; Vegetable Bar Offers</i>
<b>CHICKEN SANDWICH</b> on a WHOLE WHEAT ROLL LETTUCE & TOMATO SLICE OVEN FRIES MIXED VEGETABLES  APPLE <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI  <b>STRAWBERRIES</b> CHILLED MIXED FRUIT <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL  FRESH PEAR <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	 CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSAS, OLIVES, ONIONS MIXED FRUIT  <b>STRAWBERRIES</b> <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	Broccoli Potato Rounds Carrots Celery Romaine Lettuce Tomato Onions Sweet Potato Fries Cucumbers Spinach Peppers Chickpeas Hummus Peaches Raisins Orange Smiles Mixed Fruit 100% Juice Grapes Apples Pears 100% Juice Strawberries

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 Milk is available with all lunches  
 Daily Milk Choices include: 1%, Skim, Fat Free Flavored

MENU SUBJECT TO CHANGE WITHOUT NOTICE



LUNCH PRICES	\$2.85
<u>A la Carte \$</u>	
MILK 8 OZ	\$0.60
JUICE 4OZ	\$0.60
SPRING WATER	\$.85/1.15
SNACKS	\$0.70/1.45
JUICE 100% 8oz - 11.5 oz	\$1.20/1.25
SWITCH JUICE	\$1.45



**Free and Reduced Lunch Applications are:**  
 1. Sent home with every student the first day of school  
 2. Available on-line, [www.trumbullps.org/food services](http://www.trumbullps.org/food services)  
 3. Available at every school kitchen and main office during the school year

Easily pay for school meals with MySchoolBucks  
 Go to [myschoolbucks.com](http://myschoolbucks.com) or download the app  
 Create an account & add your students Pay with your credit/debit card



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 In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

**TRUMBULL PUBLIC SCHOOLS MIDDLE SCHOOLS MENU  
OCTOBER 1-31,2018**

**DAILY COMBO MEAL  
CHOICES**

**\$3.05** Assorted Protein Salads Combo, includes bread.

**\$3.00** Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw  
Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses

**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
Hamburger or Cheeseburger or Hot Dogs

**FRUIT & VEGETABLE BAR DAILY includes**

Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad

Students must choose one fruit or vegetable serving or both to complete a meal.

MONDAY OCT. 1	TUESDAY OCT. 2	WEDNESDAY OCT. 3	THURSDAY OCT. 4	FRIDAY OCT. 5	This Weeks Fruit & Vegetable Bar Offers
<b>ENTRÉE CHOICE</b> <b>TOASTED CHEESE SANDWICH</b> <i>made with whole wheat bread</i> <b>POTATO ROUNDS</b> <b>MIXED VEGETABLES</b>  <i>Ketchup</i>  <b>ORANGE</b> <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> <b>BUILD A SOFT TACO</b> with SEASONED 100% BEEF TACO or SEASONED CHICKEN TACO or FEISTA BLACK BEAN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE DICED CARROTS with CORN PEACHES <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING  WG ROLL FRESH PEAR <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> MAC and CHEESE STEAMED BROCCOLI CELERY and CARROT STICKS WG ROLL  <b>PEACHES</b> FRESH APPLE <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	Chickpeas Three Bean Salad Mixed Vegetables Corn Carrots / Tomato Celery Romaine Lettuce Mashed Potato Spinach Broccoli Peppers Hummus Peaches Raisins Orange Smiles Mixed Fruit 100% Juice Grapes Apples Pears Applesauce Strawberries

We offer Local Grown Fruit and Vegetables when Available

**ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
Milk is available with all lunches  
Daily Milk Choices include: 1%, Skim, Fat Free Flavored

**DAILY COMBO MEAL  
CHOICES**

**\$3.05** Assorted Protein Salads Combo, includes bread.

**\$3.00** Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw  
Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses

**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
Hamburger or Cheeseburger or Hot Dogs

**FRUIT & VEGETABLE BAR DAILY includes**

Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad

MONDAY OCT. 8	TUESDAY OCT. 9	WEDNESDAY OCT. 10	THURSDAY OCT. 11	FRIDAY OCT. 12	This Weeks Fruit & Vegetable Bar Offers
<b>NO SCHOOL</b>  	<b>ENTRÉE CHOICE</b> PANCAKES with Hot Cinnamon Apple Slices SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK PEACHES MIXED FRUIT <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL  FRESH PEAR <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> CHICKEN NUGGETS HONEY or BBQ DIPPING SAUCE * BAKED CONFETTI FRIES MIXED VEGETABLES RAISINS WHOLE WHEAT ROLL Ketchup <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	Sweet Potato Fries Broccoli Sweet potato Bites Carrots Spinach Romaine Lettuce Tomato Celery Potato Rounds Peppers Chickpeas Onions Hummus Peaches Raisins Orange Smiles Mixed Fruit Applesauce Grapes Apples Pears Strawberries



**ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
Milk is available with all lunches  
Daily Milk Choices include: 1%, Skim, Fat Free Flavored



**OCTOBER 15-19 NATIONAL SCHOOL LUNCH WEEK**

**DAILY COMBO MEAL  
CHOICES**

**\$3.05** Assorted Protein Salads Combo, includes bread.

**\$3.00** Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw  
Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses

**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
Hamburger or Cheeseburger or Hot Dogs

**FRUIT & VEGETABLE BAR DAILY includes**

Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad

Students must choose one fruit or vegetable serving or both to complete a meal.

MONDAY OCT. 15	TUESDAY OCT. 16	WEDNESDAY OCT. 17	THURSDAY OCT. 18	FRIDAY OCT. 19	This Weeks Fruit & Vegetable Bar Offers
<b>ENTRÉE CHOICE</b> <b>CHICKEN SANDWICH</b> on a WHOLE WHEAT ROLL LETTUCE & TOMATO SLICE OVEN FRIES MIXED VEGETABLES  APPLE <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI  PEACHES CHILLED MIXED FRUIT <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL  FRESH PEAR <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSAS, OLIVES, ONIONS MIXED FRUIT <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	Broccoli Potato Rounds Carrots Celery Romaine Lettuce Tomato Onions Sweet Potato Fries Cucumbers Spinach peppers Chickpeas Hummus Peaches Raisins Orange Smiles Mixed Fruit 100% Juice Grapes Apples Pears Applesauce 100% Juice Strawberries

**ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
Milk is available with all lunches  
Daily Milk Choices include: 1%, Skim, Fat Free Flavored

MENU SUBJECT TO CHANGE WITHOUT NOTICE

**TRUMBULL PUBLIC SCHOOLS MIDDLE SCHOOLS MENU  
OCTOBER 1-31, 2018**

**DAILY COMBO MEAL**

**CHOICES**

\$3.05 Assorted Protein Salads Combo, includes bread.

\$3.00 Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses

**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**

A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
Hamburger or Cheeseburger or Hot Dogs

**FRUIT & VEGETABLE BAR DAILY includes**

Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad

Students must choose one fruit or vegetable serving or both to complete a meal.

MONDAY OCT. 22	TUESDAY OCT. 23	WEDNESDAY OCT. 24	THURSDAY OCT. 25	FRIDAY OCT. 26	This Weeks Fruit & Vegetable
<b>ENTRÉE CHOICE</b> TOASTED CHEESE SANDWICH <i>made with whole wheat bread</i> <b>POTATO ROUNDS</b> <b>MIXED VEGETABLES</b>  <i>Ketchup</i>  <b>ORANGE</b> <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> <b>BUILD A SOFT TACO</b> with SEASONED 100% BEEF TACO or SEASONED CHICKEN TACO or FEISTA BLACK BEAN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE DICED CARROTS with CORN PEACHES <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING  WG ROLL FRESH PEAR <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> MAC and CHEESE STEAMED BROCCOLI CELERY and CARROT STICKS WG ROLL  <b>PEACHES</b> FRESH APPLE <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES  <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>Bar Offers</b> <b>Chickpeas</b> <b>Three Bean Salad</b> <b>Mixed Vegetables</b> <b>Corn</b> <b>Carrots / Tomato</b> <b>Celery</b> <b>Romaine Lettuce</b> <b>Mashed Potato</b> <b>Spinach</b> <b>Broccoli</b> <b>Peppers</b>  <b>Hummus</b> <b>Peaches</b> <b>Raisins</b> <b>Orange Smiles</b> <b>Mixed Fruit</b> <b>100% Juice</b> <b>Grapes</b> <b>Apples</b> <b>Pears</b> <b>Applesauce</b> <b>Strawberries</b>

We offer Local Grown Fruit and Vegetables when Available

**ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
Milk is available with all lunches  
Daily Milk Choices include: 1%, Skim, Fat Free Flavored



**DAILY COMBO MEAL**

**CHOICES**

\$3.05 Assorted Protein Salads Combo, includes bread.

\$3.00 Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses

**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**

A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
Hamburger or Cheeseburger or Hot Dogs

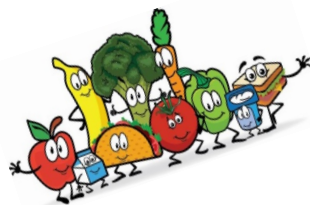
**FRUIT & VEGETABLE BAR DAILY includes**

Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad



MONDAY OCT. 29	TUESDAY OCT. 30	WEDNESDAY OCT. 31		Weeks Fruit & Vegetable
<b>ENTRÉE CHOICE</b>  <b>My Way Burger</b> on a W.W. ROLL Cheddar or Mozzarella or American Cheese lettuce, tomato, onion <b>BAKED POTATO ROUNDS</b> Peas and Carrots PEACH CUP, Ketchup <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> PANCAKES <i>with Hot Cinnamon Apple Slices</i> SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK <b>PEACHES</b> MIXED FRUIT <b>FRUIT &amp; VEGETABLE B</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING <b>W.G Pumpkin Pretzel</b>  FRESH PEAR <b>FRUIT &amp; VEGETABLE B</b> <b>MILK CHOICE</b>		<b>Bar Offers</b> <b>Sweet Potato Fries</b> <b>Broccoli</b> <b>Sweet potato Bites</b> <b>Carrots</b> <b>Spinach</b> <b>Romaine Lettuce</b> <b>Tomato</b> <b>Celery</b> <b>Potato Rounds</b> <b>Peppers</b> <b>Chickpeas</b>  <b>Onions</b> <b>Hummus</b> <b>Peaches</b> <b>Raisins</b> <b>Orange Smiles</b> <b>Mixed Fruit</b> <b>Applesauce</b> <b>Grapes</b> <b>Apples</b> <b>Pears</b> <b>Strawberries</b>

**ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
Milk is available with all lunches  
Daily Milk Choices include: 1%, Skim, Fat Free Flavored



LUNCH PRICES	\$2.85
<b>A la Carte \$</b>	
MILK 8 OZ	\$0.60
JUICE 4OZ	\$0.60
SPRING WATER	\$.85/1.15
SNACKS	\$0.70/1.45
JUICE 100% 8oz - 11.5 oz	\$1.20/1.25
SWITCH JUICE	\$1.45



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3. Available at every school kitchen and main office during the school year



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Go to [myschoolbucks.com](http://myschoolbucks.com) or download the app  
Create an account & add your students Pay with your credit/debit card

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