

STARS AND STRIPES

dandelions



**FOOD IN THE PACIFIC
KIDS' KITCHEN**



**USING CHOPSTICKS
SPAM FACTS**

**ARMY & AIR FORCE
EXCHANGE SERVICE**

dandelions

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Japan.Stripes.com



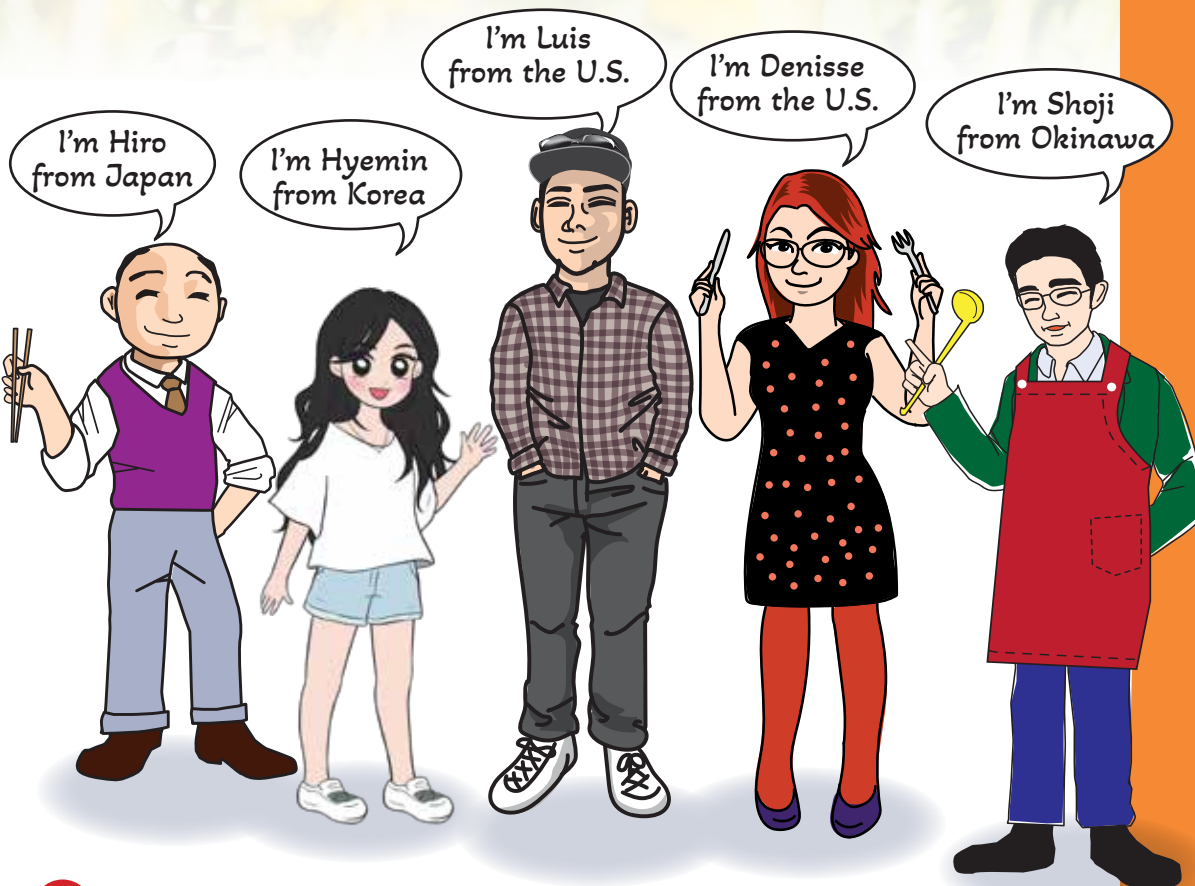
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FACEBOOK



INSTAGRAM

FOOD FOR THOUGHT

My name is _____.

My favorite food is _____.

When it comes to veggies, _____ is/are the best!

_____ is my favorite fruit.

I _____ trying new foods.

One thing I could eat every day is _____.

The strangest food I ever tried was _____.

WHY THE DANDELION?

In 1998, the dandelion was chosen as the official flower of the military child. But why the dandelion? They are not beautiful like roses.

They are less well-known than the sunflower. They are not popular like daisies. So, why was this flower picked to represent military kids? Because the dandelion is a very special flower.

Dandelions are adaptable. The wind blows their seeds all over the world. Those seeds can grow no matter where they land. This is also true for military kids.

Dandelions have strong roots that can grow almost anywhere. So do military kids. While they may move a lot, their tenacity and strength

helps them thrive.

Dandelions are hard to destroy. Despite deployments and changes, military kids are strong enough to get through it.

Dandelions come in different sizes and have many uses. Military kids are unique and have lots of skills and talents.

Dandelions are also known as "pioneer plants" because they are often the first to sprout in different kinds of land. In the same way, military kids go through a lot of "firsts": the first day at a new school, the first time in a new home, or, even the first step into a new country.



Are you missing a chance to **SAVE OVER \$500** per child each school year?

APPLY NOW TO RECEIVE BENEFITS!*

1 HAVE THE DoDEA STUDENT ID NUMBER OF YOUR CHILD(REN) HANDY

2 SCAN QR CODE AND APPLY OR USE THIS URL LINK:

linqconnect.com/public/meal-application/new



3 TYPE AAFES DoDEA IN DISTRICT

4 FILL OUT THE APPLICATION (ONE PER FAMILY) FOR FREE AND REDUCED PRICE MEALS FOR YOUR CHILD(REN). INPUT BASIC PAY AND INCLUDE ALL HOUSEHOLD MEMBERS



***Important**

- Families must meet eligibility requirements to qualify. AAFES DoDEA uses ALASKA income eligibility guidelines.
- Remember to enter your email address as this is how you will receive eligibility notifications. Eligibility notifications will be sent within 10 business days.

This institution is an Equal Opportunity Provider.

MORE SCHOOL MEAL PROGRAM INFORMATION:
<https://www.aafes.com/about-exchange/school-lunch-program/>





LUNCH & LEARN WORDSEARCH

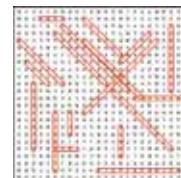


FIND THE BLUE HIGHLIGHTED WORDS IN THE CROSSWORD PUZZLE

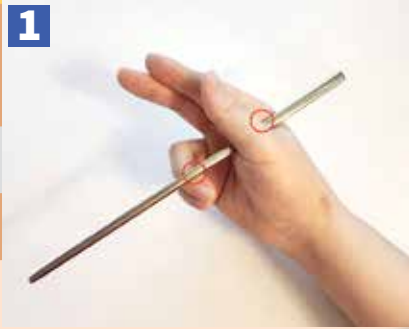
- 1 There are five meal components in the Lunch School Meal Program: a. **PROTEINS** b. **WHEAT** c. **MILK** d. **FRUITS** e. **VEGETABLES**
- 2 Students must take at least 3 meal **COMPONENTS** to be considered a **USDA-REIMBURSABLE** Lunch meal, and one of those components must be Fruits or Vegetables. Otherwise, students must pay Full price for the lunch.
- 3 Parents can apply for **FREE** and **REDUCED**-price Meals (FaRM) for their children at any time online through **LINQConnect.com**
- 4 Parents should not include Cost of Living **ALLOWANCE** (COLA) or BAH/Living Quarters Allowance as income when applying for Free and Reduced-price Meals (FaRM) for their children.
- 5 Only parents can set **LIMITATIONS** on their children's **SMARTSNACK** purchases. This can be easily done through LINQConnect.com
- 6 Parents can **TRANSFER** funds between accounts of their children in LINQConnect.com at no charge.
- 7 Cookies and other Snacks sold at the School Cafeterias are not "regular" cookies or sweets. They are selected items that meet strict USDA regulations on calories and **NUTRIENTS**.
- 8 Parents communicate any **ALLERGIES** of their children to the school **NURSE** so that the School Cafeteria personnel inputs that information into the system for prevention purposes.

T P Z Y J D V Q V L O G U A O Y Q N N A J G H Q
V R E I M B U R S A B L E N V E A H A T V Q W O
O V B U V P H K T O O U X X O Y D J L L H Z O P
F J S F A B M L T N E I U C I M M B L D P Q B P
Z K S V W R G C C U I A D W I F R E E B Z S I H
N I L T E S Z A T R V U H J L E I Y R U Z E T Z
T M D Y N J M Q S S W V D Y H K K H G J L L D S
V J M L H E S W X E H T H G F M L N I B D B Y E
E Z O C O D I H F Y A B F Y N E I J E W K A T R
D H B W P D V R F O V B X B S Q M U S G P T Y K
M J N N I Q F V T A B A D N E K U P G W N E A H
T R A N S F E R X U Q O O W S L Y E Q H O G Z P
T V S C N G X C K R N I K O O G B T F W A E S D
N Z T Y O X F V N C T S C O L R K D Z L K V R P
T Q N T Q C D D Y A A P N W F L N T E Z I T K X
Q Z E V M Z F L T X W N X I K C Y P V C X N O L
X X N F L W V I S W L O S Z E D Y H P I U F Q U
V H O Z W P M K H F A E L T U T T I X B W D X P
Q T P X D I V E X D R W A L R H O M X M L P E R
N C M D L E A U N F K U B X A A P R U A L C I R
R X O R U T K E H Y U I I Z V R M Y P R G M K U
Q H C X E P K Y F M Q R T T U C F S L B J R V W
Y Z D Q O Y Z C G K B W D L S B U U S D A E B Q
E L R M D T F A I U Z O O Q I S K M Q I Y C I K

Answers:



Let's learn how to use chopsticks!



Don't
stick your chopsticks
standing straight up
in a rice bowl!



1 Place the upper part of the first chopstick between the thumb and index finger and put the lower part on a ring finger.

2 Grab the second chopstick between the index and middle finger and hold it with the thumb.

3 You don't have to move the first chopstick. Open and close the second chopstick to pick up food by using the index and middle finger.

Watch this video!



**AFTER YOU'RE DONE
LEARNING HOW TO
USE CHOPSTICKS,
GET CREATIVE AND
COLOR IN THE BOWL
OF NOODLES.**





SPAM A TASTY CANNED DELIGHT

SPAM is very popular in the Pacific! You'll see it in many yummy dishes like SPAM musubi in Hawaii, Korean dish budae jjigae hot pot, SPAM stir-fry and many more.

If you've never tried SPAM, sampling it in some of the dishes in places like South Korea, Japan, Guam and Hawaii is a great way to do so! Give it a try!



Here are some interesting facts about this staple food in Asian cuisine:

-  SPAM is a canned lunch meat made of ground pork and ham.
-  SPAM appeared on shelves in 1937 from Hormel Foods in Minnesota.
-  During WWII, SPAM was shipped abroad to feed troops.
-  According to Hormel Foods, the canned meat is available in 50 countries.
-  SPAM comes in 11 varieties, including Bacon, Gochujang (a spicy paste in South Korea) and Maple.
-  In South Korea, SPAM is a popular gift for Lunar New Year. Stores will have elaborate displays of SPAM on sale for presents.
-  In Guam, the average person consumes 16 cans of SPAM per year.
-  In Hawaii, a total of 7 million cans of SPAM are consumed per year.

Information from Stripes Korea and Spam.com

SPAM Search

M	G	N	K	C	P	U	O	L	O	S	L	V	C	J	B	Y	P	X	A	Y	U	E	G
B	D	C	C	W	O	T	A	P	O	R	K	N	Y	K	A	N	B	V	C	A	J	H	P
W	H	B	V	T	C	M	Z	C	W	M	A	G	E	C	X	E	A	D	O	L	Q	O	F
U	E	Q	I	I	X	P	Y	F	A	Y	V	I	R	E	C	I	S	D	D	W	W	R	K
K	O	B	R	Y	C	H	L	P	E	R	G	R	H	H	T	Q	W	A	T	E	R	M	U
U	D	Z	R	I	G	G	S	T	G	H	D	O	C	B	O	R	J	Q	D	J	H	E	P
I	T	Q	T	Z	P	J	A	Y	H	O	R	M	E	L	R	J	I	Q	K	X	O	L	B
G	F	S	M	U	B	O	I	D	A	O	Q	D	V	R	T	X	O	H	Z	X	K	F	J
T	U	V	J	O	M	Z	V	F	F	D	L	U	Z	O	K	Z	Q	I	T	S	Y	O	I
N	V	O	D	P	Y	R	H	V	O	A	K	A	X	G	I	P	I	C	C	W	Z	O	X
E	W	X	U	P	Y	Q	T	W	O	T	Z	R	B	Z	S	H	J	M	E	A	T	D	L
P	C	B	G	W	U	X	S	I	A	O	T	S	E	N	N	I	M	R	Q	B	R	S	H
J	F	N	N	C	Z	O	Z	S	D	H	N	Q	T	V	S	T	S	V	M	Z	P	Y	C
N	A	Q	H	T	C	V	K	H	V	Y	B	J	W	T	C	L	A	A	A	W	V	C	R
K	U	Y	V	L	J	F	O	E	W	N	C	D	J	K	F	R	H	Z	K	A	C	B	A
G	O	V	C	A	Z	P	O	J	H	T	C	V	P	A	O	K	D	M	E	H	A	P	T
M	S	N	A	S	A	E	C	C	T	K	O	E	Z	Q	M	S	Y	W	V	G	T	W	S
T	Y	Z	G	X	E	T	A	R	T	I	N	M	U	I	D	O	S	K	Y	G	L	V	O
O	P	B	N	M	E	W	V	A	G	V	R	T	D	G	W	V	U	L	P	I	C	V	T
J	F	A	A	E	R	O	K	H	T	U	O	S	L	R	J	L	D	J	I	R	R	W	A
N	Z	V	F	P	A	X	G	J	I	X	B	T	A	X	R	I	D	D	X	T	J	L	T
G	F	I	L	M	D	N	W	U	L	I	T	R	O	I	C	R	A	G	U	S	U	W	O
H	M	C	O	B	D	N	W	U	T	M	X	K	V	D	F	Z	N	E	R	Y	E	E	P
K	B	F	H	I	D	A	K	L	J	V	I	I	L	V	R	Z	E	M	A	O	Q	G	N

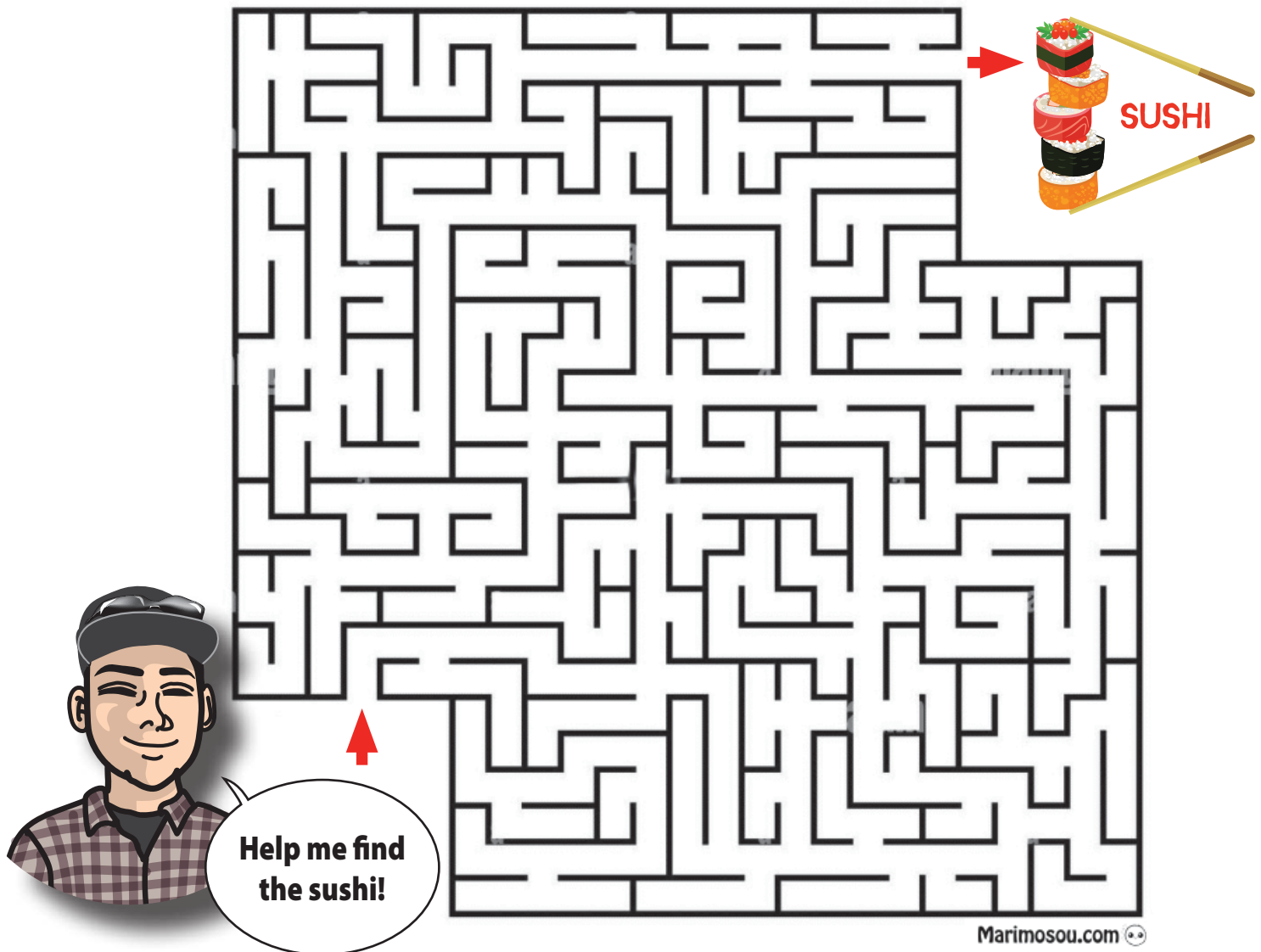
sodium nitrate
South Korea
meat
SPAM

potato starch
Jay Hormel
sugar
pork
ham

Hormel Foods
Minnesota
water
salt
pig

JAPANESE CUISINE

When some folks think of Japanese food, raw fish is the first thing that comes to mind.
But there is so much more to choose from.
Even if you are a picky eater, you'll find many dishes that will taste good to you.

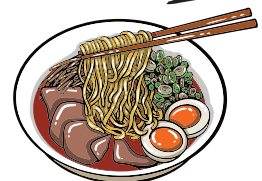


QUIZ TIME

See if you can match the Japanese food words with the English definition!

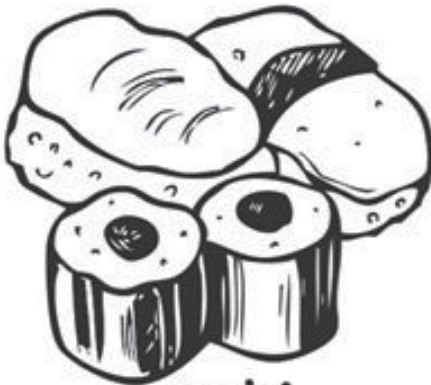
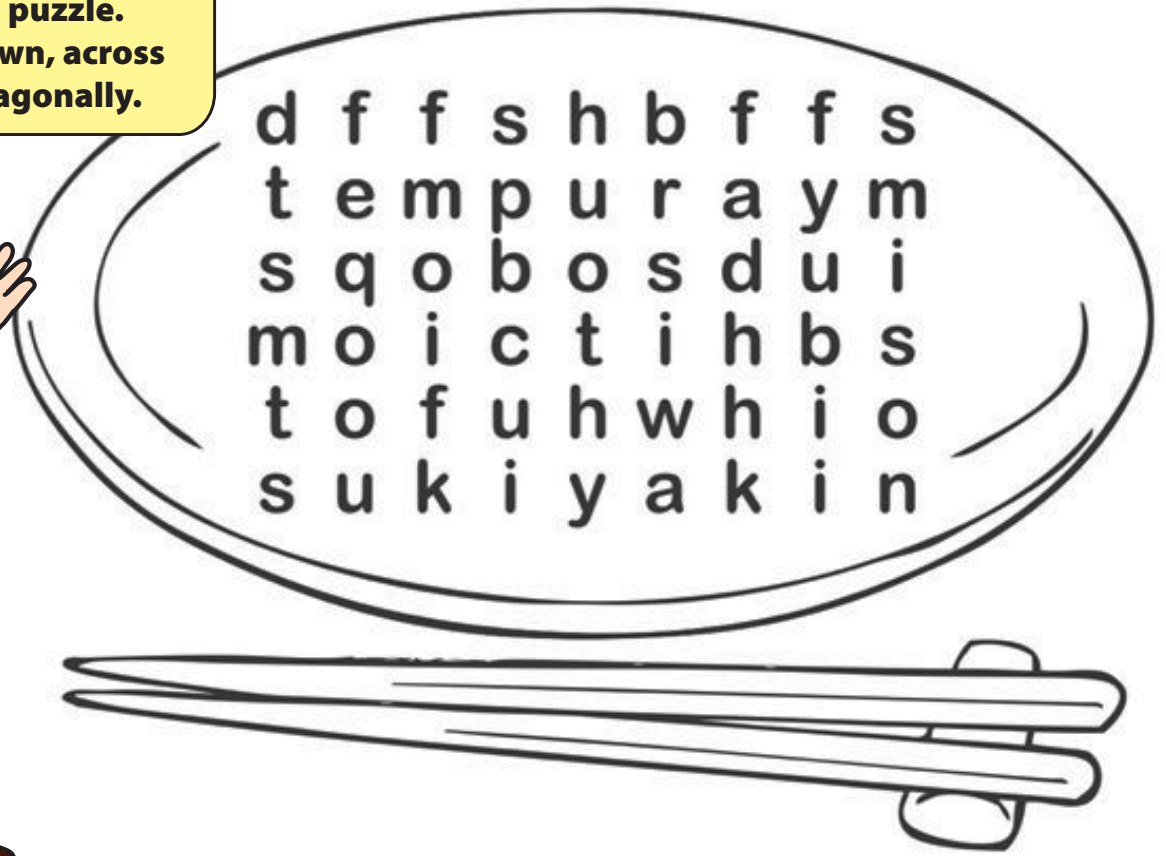
1. Sushi _____
2. Green tea _____
3. Sashimi _____
4. Nori _____
5. Yakiniku _____
6. Shabu-shabu _____
7. Ramen _____
8. Tofu _____

- A. Noodle soup
- B. Hotpot of boiled meat, veggies
- C. Grilled meat
- D. Raw seafood on rice
- E. Made from soy milk
- F. Popular drink worldwide
- G. Raw fish
- H. Seaweed



Answers: 1-D, 2-F, 3-G, 4-H, 5-C, 6-B, 7-A, 8-E

Find and circle the
bold words for
Japanese food
in the puzzle.
Look down, across
and diagonally.



sushi
(soo-shee)



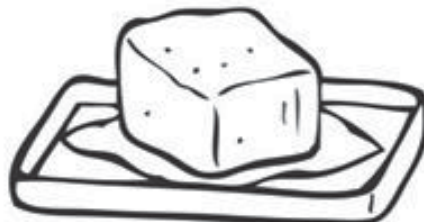
tempura
(tem-poo-rah)



sukiyaki
(soo-kee-yah-kee)



miso (soup)
(mee-soh)



tofu
(toh-foo)



(o) cha
(oh-chah)

MONGOLIA

CHINA



NORTH KOREA

SOUTH KOREA

JAPAN



BURMA

VIETNAM

LAOS

THAILAND

CAMBODIA



TAIWAN



PHILIPPINES

Gua



MALAYSIA
SINGAPORE



INDONESIA



AUSTRALIA

Dishes

Country Cuisine

Help me find
the food names
on the map
by using
the Country
Cuisine box.



JAPAN
Sushi



SOUTH KOREA
Kimchi



AUSTRALIA
**Kangaroo
meat**



CHINA
Peking duck



GUAM
**Chamorro
Red Rice**



INDONESIA
**Pisang Goreng
(Fried bananas)**



PHILIPPINES
Lumpia



SINGAPORE
Satay



MALAYSIA
**Hainanese
chicken rice**



EATING IN KOREA

Join me for dinner in Korea!
First, learn a few new words and
then enjoy a little coloring!



Table setting and utensils

A typical Korean meal includes rice, soup, and three or four side dishes. If it's a big meal like dinner, this will also include an additional main entrée.

Each person at the table will usually receive their own soup and rice. The main dish will be in a communal plate at the center of the table with side dishes around it for everyone to share.

When the main entrée is soup, it's served in a big pot and each person serves their own individual bowl with a ladle. It's also common to share the soup in one pot with all the members of the table.

When there is meat or seafood, tongs and scissors are used to cut the food at the table instead of a knife.

Top dishes



Bibimbap: Rice with nutrient-packed flavor.



Bulgogi: Sweet, savory dish for special days.



Gimbap: A full meal in a single roll.



Mandu: A dumpling dating back to the Goryeo Dynasty.



Tteok-bokki: The most popular snack.

Speakin' Korean

- **Meal:** Siksa (식사)
- **Food:** Eum-sik (음식)
- **Water:** Mul (물)
- **Spoon:** Sujeo (수저) / Sutgarak (숟가락)
- **Chopsticks:** Jeotgarak (젓가락)
- **Ladle:** Gukja (국자)
- **Tong:** Jipge (집게)
- **Scissors:** Gawi (가위)
- **Bowl / Plate:** Geu-reut (그릇)
- **Rice:** Bap (밥)
- **Soup:** Guk (국)
- **Side dish:** Banchan (반찬)



CHAMORRO FOOD ON GUAM



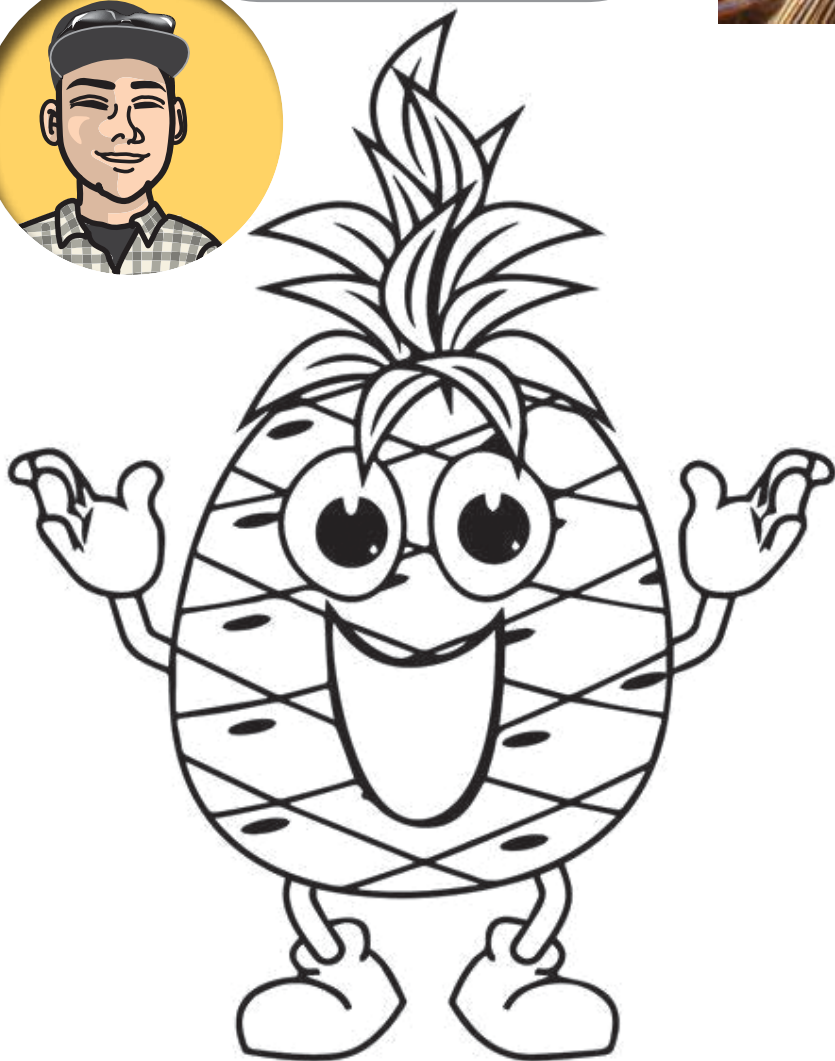
Shrimp Kelaguen



Coconut Cake

Guam's native people, called Chamorros (SHUH-mah-rohs), first settled on the island over 3,500 years ago. Chamorro food is delicious and a big part of Guam's culture. Coconuts, bananas, rice and taro (a root vegetable) are indigenous to the island and are a big part of the local diet. Popular dishes include red rice and kelaguen, which is meat and seafood seasoned with lemon, coconut and hot red peppers. Chamorro barbecue, meat marinated with soy sauce, vinegar and sugar and grilled seafood are also important to Guam's food culture.

Hey, read about Chamorro food and then have some fun coloring!



Speakin' CHAMORRO

Welcome – **Bienbenidu**

Hello - **Hafa Adai**

How are you? - **Hafa tatamanu hao?**

I'm fine - **Maolek ha yu**

Long time no see - **Apmam tiempo ti uli'e hao**

What's your name? - **Hayi na'an-mu?**

My name is ... - **Na'an-hu si...**

Where are you from? - **Taotao manu hao?**

I'm from ... - **Taotao ... yu**

Pleased to meet you - **Ma'gof yu sa umali'i hit**

Good morning - **Buenos dias**

Good afternoon - **Buenos tatdes**

Good evening - **Buenas noches**

Goodbye - **Adios**

Good luck - **Suette!**

Cheers/Good health! - **Hago lao!**

Have a nice day - **Puedi ha todo maolek**

Bon appetit - **Buen prubechu**

Bon voyage - **Buen biahe**

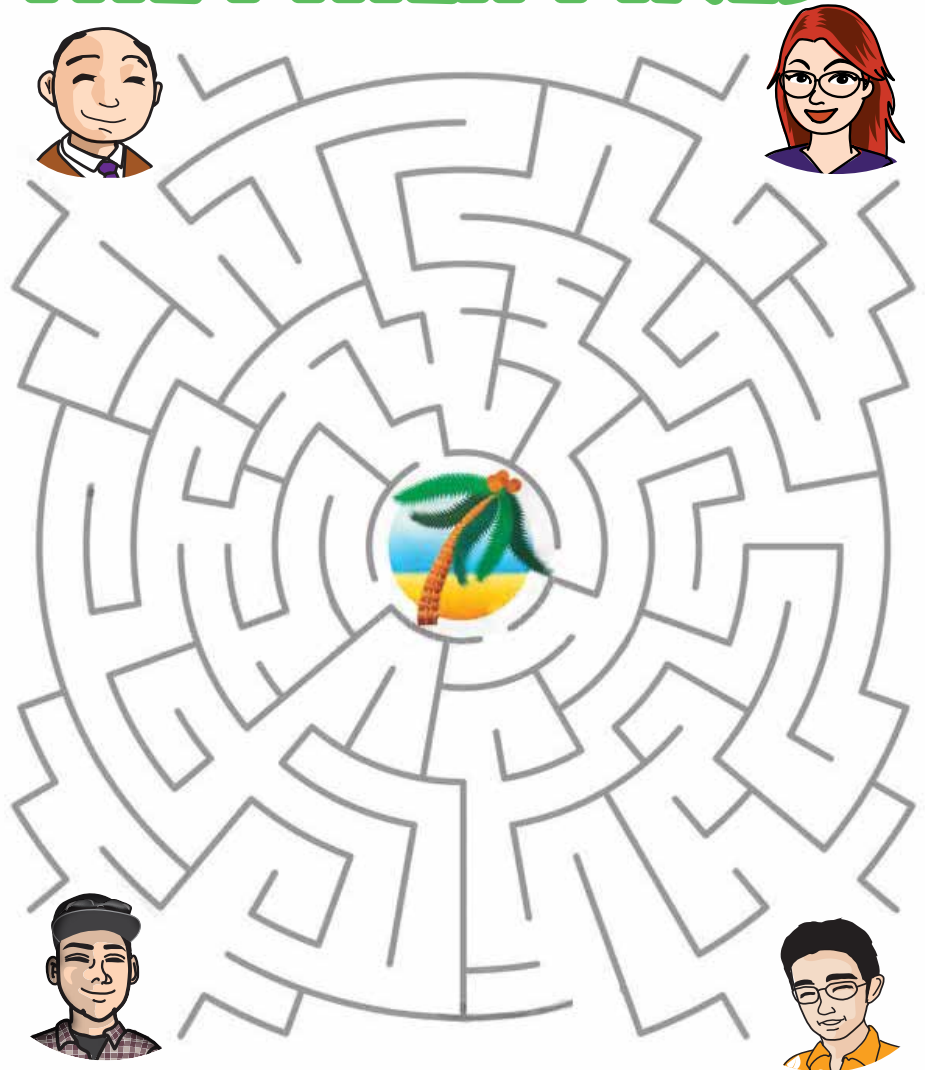
I don't understand - **Ti hu kumprende**

Please speak more slowly - **Pot fabot na despasio i kuentos-mu**

Please write it down - **Tuge' papa pot fabot**

FOOD IN THE PHILIPPINES

Food culture in the Philippines is a delicious blend of the many styles of the tribes and ethnic groups that reside in its 7,500 islands. Filipino cuisine is heavy in rice and fish and depends on garlic, ginger, coconut, vinegar and onions rather than spices for flavor. People take great pride in their cooking, and many traditional recipes rely on hours of patient preparation. Food is central to Filipino culture, bringing families to the table to gather, connect and celebrate with all generations.

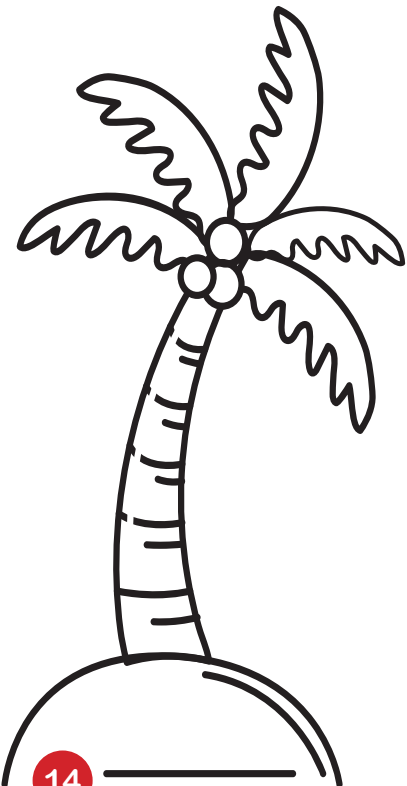


The Philippines is the world's largest producer of coconuts. Help my friends find some!

TASTY FILIPINO FOOD!

J F M A E O A U Y J H H B J Q U N J D Y O L C V
N C I N T D Q H Q C S T H A F Y N R N N M U J I
E J I A X V G G A I R W B A L U T U P U I M F W
K L C V L N Z L W Q Y A C C X V R U A C R P P I
C C L A X V A R Y M P I I I R A L R L Q M I O W
I S Y S N U V J E H X G N K D H O C A L T A L F
H X M I U Z V Y Q N G M S J J L W H B E S A H I
C I R N L E C H E F L A N D O U I I O F E H F V
C R Q I U Y I D Z H Y V J I H G L C K C W R Q I
I H L G P K S D M Z K R Z N K A C K I Z V Z S J
L S O A H P Q I Q I G Y O U Z W K E M M N O K G
R A S N I J T Y S T Y N J G G E J N T E J Q I H
A S G G P Y B L C F N L H U J K D A L S G H M G
G V Y K T G G N Q R U A H A J U L N E H E Y N G
C S A G I D N O M L A L Q N H X A D C H L B G J
F X U B O Z H B T W Z E P I A L P P H Z I D N M
D C Z E A R V C I H N I D U L X E I O J V N L G
N G H B V A V P W X I A Z N O T I C N A P N E I
I A M R D L I Z A E E D B I H L Y K Z W J R B H
O D V U D O F M U V U R L U A Y R L J L X X J E
M O W V E N W T S X L F N G L S Q E X V R V J O
E B L J R I N Q H E Z C M R O P O S Y N N U J Z
N O L T E T M C O X S O W R M W B Q P W A S P A
H W V C D G W C Y M X C L O O H S G L Z L U S J

Adobo
Chicken and pickles
Halo halo
Lugaw
Pancit
Almondigas
Leche flan
Lumpia
Sinigang
Balut
Garlic chicken
Lechon
Palabok
Tinola



Turn **Good Grades** into **Great Rewards** at Your Local Exchange!

Bring your child's* report card to your local Exchange Main Store Customer Service along with a valid Military I.D. Qualifying students** will then receive a REWARDS card from the Exchange. Eligible students can also submit their name for the **\$500, \$1500, or \$2000** Exchange gift card semi-annual sweepstakes. Drawings take place on **30 JUN.** and **31 DEC.** The student's name can be entered once for each grading period.

Contact your local Exchange
for more details on the
YOU MADE THE GRADE program.

* Students must be authorized Exchange customers in grades 1 through 12. non-traditional or home-schooled students will need to provide written affirmation of their scholastic accomplishments from a teacher, school administrator, parent, or other community authorized education provider. For your convenience, the form is available at your local Exchange or can be downloaded on shopmyexchange.com

** Students must have an overall "B/3.0" or equivalent GPA or higher.



"America's youngest heroes demonstrate incredible strength and resiliency by moving often, changing schools and enduring parental deployments. The Exchange's You Made the Grade program proudly honors military students. Their dedication and hard work yield well-earned rewards at the Exchange."

CMSgt Rich Martinez
Exchange Senior Enlisted Advisor



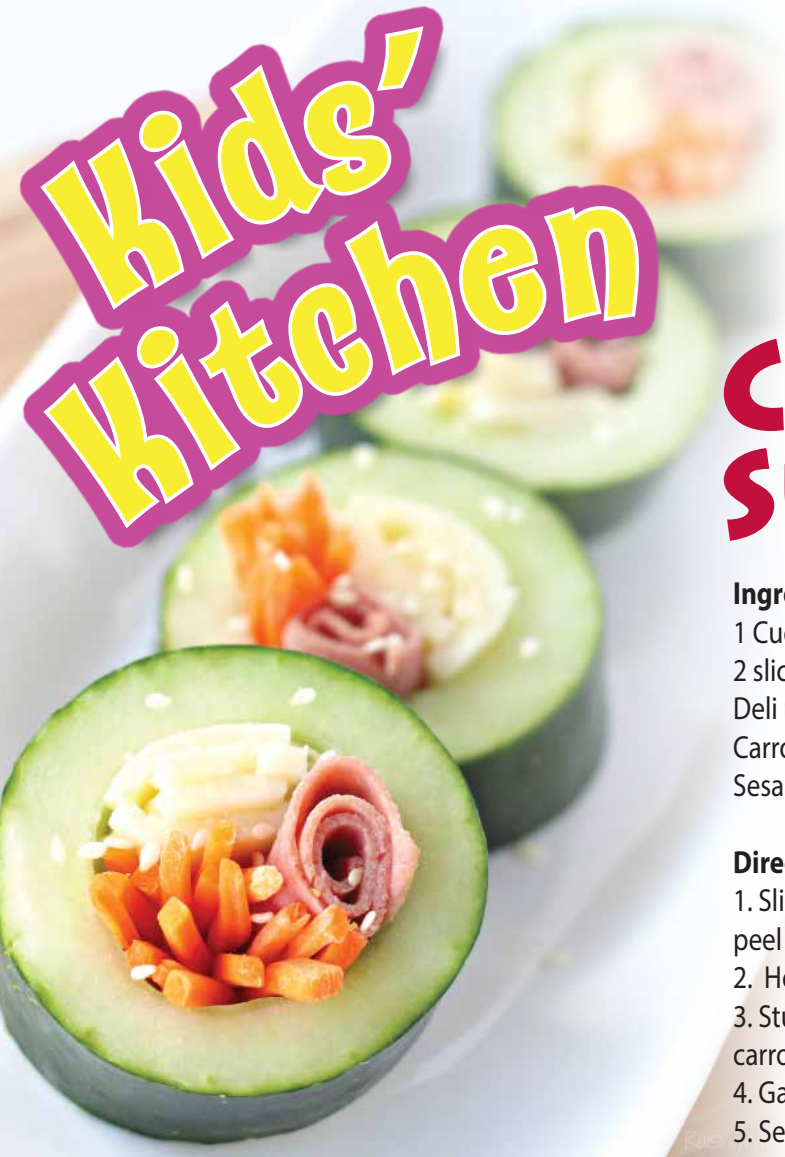
YOU **MADE** the **GRADE**

Great
Grades
=
Great
Rewards!



Win up to a
\$2,000
Exchange gift card!

Kids' Kitchen



Grab your parents
and let's start
cooking!

CUCUMBER SUSHI



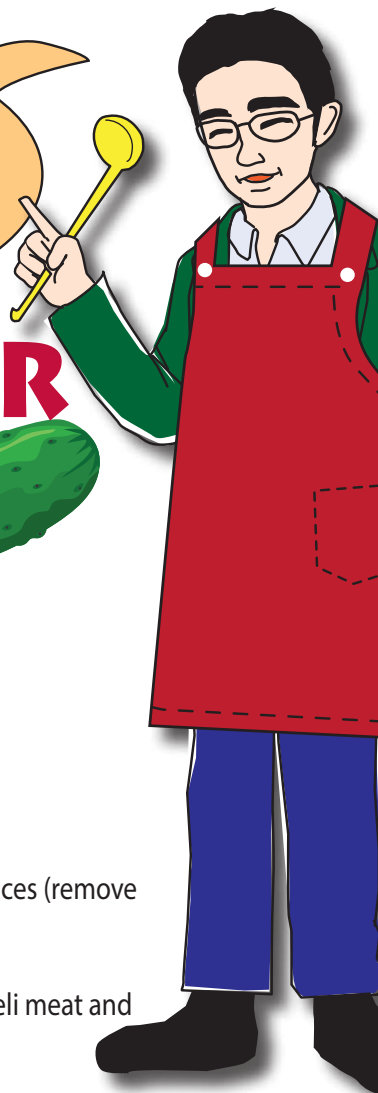
Ingredients

- 1 Cucumber
- 2 slices of your favorite cheese
- Deli meat (ham, turkey, chicken)
- Carrots (cut up a big one or use mini carrots)
- Sesame seeds (Optional: for garnish)

Directions

1. Slice cucumber into large 3/4-1 inch thick slices (remove peel if you want).
2. Hollow out center of cucumber.
3. Stuff cucumber with small rolls of cheese, deli meat and carrots until center is filled.
4. Garnish with sesame seeds if desired.
5. Serve cold. Refrigerate in tightly sealed container.

Source: raisingwhasians.com



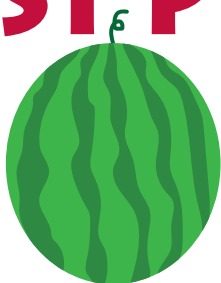
BREAKFAST PIZZA

Ingredients:

- Seedless watermelon
- Yogurt
- Shredded coconut (If you don't like it, skip it!)
- Flax or chia seeds
- Granola
- Freeze dried fruit, such as crispy green dried bananas or dried pineapple
- OPTIONAL: Nuts like almonds, pecans or walnuts
- Honey

Directions:

1. Cut watermelon into pizza-slice wedges.
2. Spread yogurt to cover the top of the red watermelon slice.
3. Top with fun toppings like shredded coconut, seeds, granola, and freeze-dried fruit like crispy green dried bananas or dried pineapple. (Optional: add nuts too!)
4. Drizzle with honey!



Source: raisingwhasians.com

SANDWICH KABOBS



Ingredients

4 slices of bread
8 slices of deli ham (or deli meat of choice)
4 small cheese cubes
2 cherry tomatoes
4 lettuce leaves (torn into 2-inch pieces)
Fun cookie cutters
Kabob sticks



Directions

1. Use your cookie cutter to cut out two fun shapes for each kabob (8 total).
2. Add your sandwich ingredients to your kabob in this order- 1 piece of bread, lettuce, cherry tomato, ham, cheese cubes, followed by a final piece of bread (Feel free to swap out ingredients for your favorites).

Source: sunnysweetdays.com

SHRIMP AND PEPPER PANCAKES

Ingredients

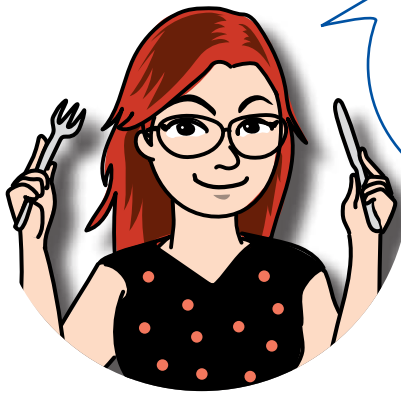
Jumbo shrimp
Salt
Pepper
Green pumpkin
Eggs
Korean pancake mix (or all-purpose flour) (500g) for 4 people



Directions:

1. Remove the shell, head, tail and vein from shrimp.
2. Cut the shrimp, pepper, green pumpkin into small pieces.
3. Pour 500g of Korean pancake mix and 700-800ml of water into a bowl.
4. Stir 4-5 eggs in a separate bowl.
5. Put all ingredients together and add one tablespoon of salt. Stir until it's all mixed.
6. Heat a pan on medium coat it with the oil. Make sure to pour enough oil.
7. Pour batter to coat the bottom of the pan and add more shrimp!
8. Cook for 4-5 minutes until the bottom turns golden brown.
9. Flip the pancake and add more oil. Then heat another 3-4 minutes.





COUNT THE OBJECTS
AS YOU COLOR
THEM IN AND WRITE
DOWN HOW MANY
THERE ARE OF EACH!

FOOD I SPY



Color and count the number of objects.



The Exchange School Meal Program is proud to offer healthy, flavorful STAR LUNCHES daily!

STAR LUNCHES

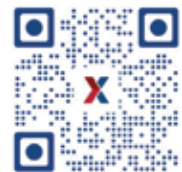
Choose from a variety of options.



A STAR LUNCH, at a minimum, must include at least three of the above components, including either a fruit or vegetable. Students may request additional fruits or vegetables at no extra cost.

BREAKFAST? Check with your students' school to see if breakfast is offered!

Nutrition and Allergen information can be found on our website:
<https://www.aafes.com/about-exchange/school-lunch-program/>



This institution is an Equal Opportunity Provider.

SCHOOL MEAL PROGRAM CUSTOMER SERVICE:

SMPCustSvc@aafes.com

MORE SCHOOL MEAL PROGRAM INFORMATION:

<https://www.aafes.com/about-exchange/school-lunch-program/>

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See an Associate for details and entry forms.

ENTER FOR A CHANCE TO WIN A \$2,000, \$1,500 or \$500 REWARDS! GIFT CARD!

