

The Healthy Kids Lunchroom

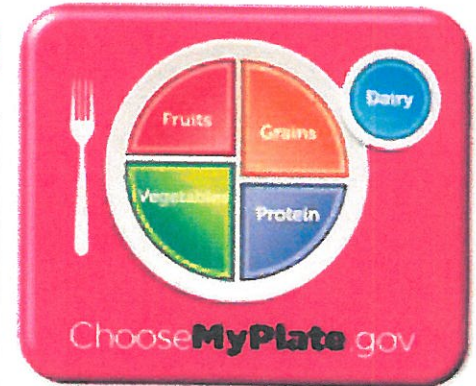
As we say good-bye to summer, we look forward to the start of a brand new school year. Providing healthy meals to all of our students is our number one priority in foodservice.

To make sure all students are adequately nourished, the federal government established the Free and Reduced Lunch Program. This program, which **guarantees confidentiality**, is designed solely for the purpose of feeding children. Because meals are rung up electronically, there is no way a student can be singled out as participating in the free and reduced lunch program. That means no embarrassment at the cash register!

Families of different sizes and incomes may be eligible for either free or reduced-priced school meals. In order to participate, every household with children attending school should complete an application. Eligibility for free or reduced meals is based on federal income guidelines which are found on the application. After turning in the completed application, you will receive communication from the district foodservice manager informing you of your status for the year.

Not only does the program benefit you, but your school receives federal funding based on the number of approved applications. This money is used for major academic intervention services, numerous tutorial, literacy and Pre-K programs, and much more.

NOTICE: New applications must be submitted annually by the end of September or your child will be required to pay full price for all meals, even if they have been eligible for free or reduced price meals in the past. Please send in your free and reduced applications as early as possible. **New applications will be published to the district website in August.** Students who are approved for free meals will receive school breakfast and lunch everyday at no charge. Reduced price meals cost \$.25 per meal. **Snacks and additional items are available at full price.**



Prepay your student meal accounts online using PaySchools Online Payment Processing System. All you need to set up your account is your student's school ID number. If you do not know the ID number, please call your cafeteria manager for assistance. Visit your district website for more information.



Start your student off on the right foot each morning. Be sure to plan breakfast time in your routine. No time? We can help. Your child can eat breakfast at school in the cafeteria every day.

Research shows that students who start the day off with a nutritious breakfast do better in school. This important meal provides the nutrients and energy necessary for children to be able to concentrate in the classroom. Students who eat breakfast daily get better grades, pay more attention in class and exhibit better behavior than students who routinely skip breakfast.

Stop by your school cafeteria today and have a nutritious breakfast to start your day!

Visit your district website for more Food Service Information:

- PaySchools Link
- Monthly Cafeteria Menus
- Cafeteria Manager contact information
- Nutritional Information
- Download and print Free/Reduced Applications
- Learn more about Healthy Kids Lunchroom.

