

THERE IS SUCH A THING AS A FREE MEAL

(AND A REDUCED-PRICE ONE TOO!)

Many families may meet the income eligibility guidelines for *free or reduced-price* meals (both breakfast AND lunch!).

FOR EXAMPLE: A family of four may earn up to \$32,630/year to qualify for FREE meals (both breakfast AND lunch).

A family of four may earn between \$32,630 to \$46,435 to qualify for REDUCED-PRICE meals – both breakfast (\$0.30) AND lunch (\$0.40).

NOTE: Cafeteria check-out is the *same for all students*, assuring confidential meal status.

Applications may be completed
online at:

www.paschoolmeals.com

According to national data, only 61% of families eligible for free or reduced-price meals take advantage of this opportunity!

Families may qualify and apply for FREE or REDUCED-PRICE meal benefits at **any time** throughout the school year.

However, the **deadline** for application submission *without interruption* of Free/Reduced-Price benefits is

Thursday, October 11, 2018.

YOUR SCHOOL MENU IS DIGITAL!

The Nutrition Group utilizes Nutrislice: an interactive, online way to view your child's school menus. With Nutrislice, you can:



- View images and descriptions
- View nutrition information for each food
- Filter the menu for specific food allergies
- Rate foods and see carb counts
- Access the menus with the Nutrislice mobile app!

Visit: pennsbury.nutrislice.com
to see menus!

Questions? Call Pennsbury
Dining Services at:

215-949-6740



This institution is an equal opportunity provider.

Welcome to
Dining Services at

PENNSBURY
SCHOOL DISTRICT

What's New in
SCHOOL MEALS

School Year **2018-2019**



HIGHLIGHTS OF THE SCHOOL MEAL

- Age-appropriate calorie limits and portion sizes
- Healthy snacks with no trans fats
- **Students must choose at least ½ cup fruit or ½ cup vegetable to count as a meal.**
 - *If a fruit or vegetable choice is not selected, students will be charged ala carte pricing, regardless of meal status (free, reduced, or paid).*

PENNSBURY DINING SERVICES: SERVING HEALTHY MEALS

We all want our children to eat healthy, nutritious meals. The **benefits** of eating healthy meals **at school** are students who stay alert, are well-behaved, and are *ready to learn*.

SCHOOL MEALS are COST-EFFECTIVE and NUTRITIOUS!

Families can save **time** and **money** while providing **more nutrition** for their children with school lunch.

- School food service staff do all the planning.
- The food service department buys in bulk for the best quality at the best price, which enables us to pass along the savings.
- Our friendly cafeteria employees are happy to assist your child in selecting nutritious meals.

Manage your student's cafeteria account online. *Easy to Use!*

- Go to www.schoolcafe.com
- Track your student's meal participation and purchases.
- Add money to his/her account online*
- Set restrictions or limitations to accounts

* Transaction fee for adding money to account online (\$1.95/transaction)

The screenshot shows the schoolcafe.com website interface. At the top, it says "schoolcafé" and "Support". Below that, it says "Connecting Families to School Nutrition." There are buttons for "Download on the App Store" and "GET IT ON Google Play". A list of features includes: "Apply for Free & Reduced Meal Benefits", "View Cafeteria Menus & Nutrition", and "Manage Your Child's Cafeteria Account". At the bottom, there are three buttons: "Sign In" (I have an account.), "Register" (I need an account.), and "Guest" (Show me the menus.).

CAN'T BEAT THE PRICE OF SCHOOL MEALS!

For just dollars a day, students can choose well-balanced meals to fuel their bodies!

SCHOOL MEAL (examples)

BREAKFAST

French Toast Sticks
Sausage link
Low-fat milk
100% juice

LUNCH

Toasted cheese sandwich on whole wheat bread
Tomato soup (1 cup)
Caesar side salad (1 cup)
Grapes (1/2 cup)
Fresh watermelon/cantaloupe chunks (1/2 cup)
Fat-free milk (8 fl. oz)



School meals are a nutritious bargain!

Every day, students may choose among several different meal options. In addition to the examples above, students may also choose among hot entrées, cold entrées, and a variety of fresh fruits and vegetables.

MEAL PRICES 2018-2019

Breakfast	ELEM	MS	HS
Price	\$1.25	\$1.40	\$1.50
Reduced-price	\$0.30	\$0.30	\$0.30

Breakfast prices have remained the same since 2008!

Lunch	ELEM	MS	HS
Price	\$2.50	\$2.80	\$3.25
Reduced-price	\$0.40	\$0.40	\$0.40

SCHOOL MEALS DELIVER GOOD NUTRITION

School meals meet the *updated* nutrition regulations set by the United States Department of Agriculture (USDA).

Specifically, lunch meals must meet weekly calorie ranges and contain less than 10% calories from saturated fat over the course of a one-week average.

Every School Lunch includes FIVE Great Choices:

- **Milk** – Fat-free white, fat-free flavored, or low-fat white.
- **Vegetables** – A variety of vegetable sub-groups offered on a weekly basis. May include Romaine side salads, sweet potatoes, legumes, corn, and celery sticks. Students may choose up to 1 cup/day.
- **Fruit** – Everything from grapes to locally grown apples. Fresh fruit is available daily. Students may choose up to 1 cup/day for high school, and ½ cup/day for K-8 (limited to ½ cup 100% fruit juice/day).
- **Bread/Grains** – At least 51% of all grains served are now whole grain!
- **Meat/Meat Alternates** – May include lean beef, white meat chicken, beans, fat-free yogurt, eggs.

Students are encouraged to select foods from all food groups, but they must choose at least 3 of the 5 food groups to get the school lunch price.

PLEASE REMIND YOUR STUDENTS:

To count as a meal, students **MUST** choose at least **½ cup fruit** or **½ cup vegetables!**