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 $31,590/year to qualify for FREE meals (both breakfast AND lunch).

A family of four may earn between $31,590 to $44,955 to qualify for REDUCED-PRICE meals – both breakfast ($0.30) AND lunch ($0.40).

PLEASE SEE THE ONLINE APPLICATION ON THE PENNSBURY WEBSITE FOR SPECIFIC INCOME GUIDELINES FOR YOUR FAMILY.

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

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

Monday, October 17, 2016.

Applications may be completed online from the District website:

www.pennsburysd.org

Go to "Food Services" tab.

www.paschoolmeals.com

"The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE"

QUESTIONS?

Please call Pennsbury Dining Services at:

215-949-6740 ext. 18201

The Nutrition Group

Welcome to

Dining Services at

PENNSBURY SCHOOL DISTRICT

What's New in SCHOOL MEALS

School Year **2016-2017**

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!

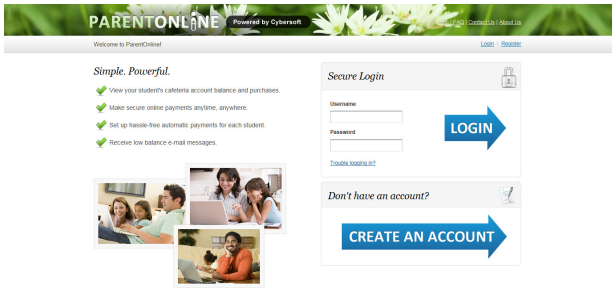
Families can save **time** and **money** while providing **more nutrition** for their children with school lunch.

- 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
  (previously known as www.parentonline.net)
- 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)



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 2016-2017

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 flavored or white, or 1% 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 (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**!