

MEAL PRICES 2016-2017

| | Lunch | Breakfast |
|-------------|---------------|----------------|
| Elementary | \$2.50 | \$ 1.00 |
| Middle | \$2.75/\$3.00 | \$ 1.25 |
| High School | \$3.00/\$3.25 | \$ 1.50/\$2.00 |
| Reduced | \$.40 | \$.30 |
| Free | Free | Free |

Prepayment Bonus Plan All Grade Levels:

Deposit \$100 and receive \$10
bonus money on one account
(Total value \$110)

How can I limit how my child spends money?

Prepayments to your child's account can only be made into account cash. Account cash may be used to purchase meals or a la carte items including separate containers of milk, ice cream or snacks. If you would like to limit your child to meals only, please check the box on the deposit slip below.

MILFORD FOOD SERVICES -DEPOSIT SLIP

NAME _____

ROOM _____

ID Number _____

ACCOUNT CASH\$ _____

Check box below to restrict your child's account to meals only.

I only want my child to purchase meals with this account.

I forgot my lunch?

Lunch Credit Policy

In the event that an Elementary student is without a lunch from home or without money on their lunch account and no cash in hand, - we allow the student to purchase 5 lunches on credit. When that 5-lunch credit limit has been reached, the students will receive an emergency lunch that consists of a cheese sandwich with a milk. Credit is extended for lunch only. No a la carte items such as ice cream or snacks, may be charged on the account.

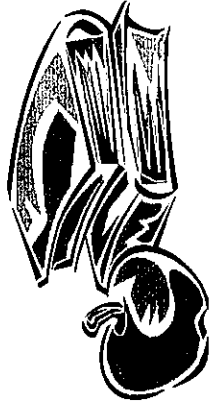
How do parents know when the lunch account needs more money?

1. Ask your child if they need lunch money on their account. Our staff will tell your child when there is no money left on the account.
2. Pay for your child's lunch with a credit card at www.MySchoolBucks.com and you will be able to check your child's account balance online.
3. Call the school kitchen manager. The best time to call is in the morning between 9:30am and 11:00am or between 1:00pm and 1:30pm.
4. Negative balance letters are sent home with your child when the account balance falls below zero.

Free or Reduced Price Meal Program

The Milford Schools Participates in the National School Lunch Program where families, who qualify, can receive free meals or reduced price meals (lunch \$.40 , breakfast \$.30 per day). Family Applications are available in powerschool parent portal or at this link: <http://go.gl/hawLOW> . Only one application per family is required.

MILFORD
Food Services



Answers to your
School
Lunch Questions
2016-2017

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PONTAGE

Take at least ONE

PONT-VEGG

and at least THREE items total
so your meal counts as a complete lunch!

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What is School Lunch All About?



For the past few years we put in place some new USDA guidelines for even healthier meals for your kids.

- ◆ Previously, students didn't have to take a fruit or vegetable at all, as long as they took enough other items. Now, they must choose at least one fruit or veggie serving, and we encourage them to choose more if they like.
- ◆ Students have a great selection and variety of fruits and veggies to choose from. The portions sizes of fruits and vegetables are larger too.
- ◆ We'll be emphasizing the healthiest veggies more often with weekly offerings of healthy dark green and red/orange veggies as well as beans and other legumes.
- ◆ Whole grains are up. At least 50% of all grain foods we serve are whole-grain rich.
- ◆ Bad fats are down. Meals will average less than 10% calories from saturated fat and every item will contain zero trans fat.
- ◆ We serve only fat-free unflavored, 1% unflavored, and fat-free flavored milks.
- ◆ We'll be meeting new standards for limiting sodium until we reach a final maximum of 740mg sodium per meal on average.

These changes will require more work and careful planning on our part, especially as we get used to the new guidelines. And the new menus, will no doubt, take some getting used to for our customers, too. But the end result will be healthier meals for our kids—and well nourished kids do better in school.

What's in a Complete School Lunch?

When you buy lunch..... You must:

Choose at least 1 Fruit or Vegetable (but you may choose a total of 2):

- ◆ Romaine Lettuce Garden Salad
 - ◆ Mini Carrots
 - ◆ Fresh Fruit—Sliced Apples, Whole Apples, Bananas, Oranges, Seasonal Fresh Fruit
 - ◆ Canned Fruit
 - ◆ 100% Fruit Juice—offered only 2 days per week
- Choose One Entrée
- ◆ Entrée of the Day
 - ◆ Yogurt & Cheese Plate with Bread/ Grain Choice of the Day
 - ◆ Sandwich of the Day
 - ◆ Salad of the Day
- Choose One Milk
- ◆ 1% Low Fat Milk
 - ◆ Fat Free Milk
 - ◆ Fat Free Chocolate Milk

MINIMUM items you must take to count for a School Lunch:

One fruit or vegetable and 2 other items
 MAXIMUM items you may take to complete your School Lunch:

One grain, one protein, one fruit, one vegetable and one milk

The following items are NOT part of a "School Lunch," they are A La Carte items:

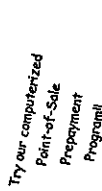
- Ice Cream
- Pretzels
- Bottled Water
- Cookies

Special Concerns: If your child has any dietary restrictions, please contact your school food service department. We will do our best to accommodate your needs.

Paying for School Lunches

The Milford Schools use a computerized Point-of-Sale Program where all students have an account ready to be used for the purchase of lunches and snacks.

Students in Kindergarten and 1st grade are given bar coded cards with neck straps to access their accounts at the serving line. All other grades are issued Personal Identification Numbers (PIN) that each child memorizes and enters at the serving line.



3 Ways to Pay for School Meals:

Prepay at school with a check, prepay using a credit card at myLunchMoney.com, or pay cash. Also, families who qualify may apply for free or reduced priced meals (see other side for details.)

Prepay:

Pre-payments are welcome for all students beginning the first day of school. All children may deposit money on their accounts for lunches or a la carte items such as milk, ice cream and other snacks. Use the deposit slip on the next page and send a check made payable to Milford Food Services. All prepayments should be sent to the school kitchen for processing. Deposits are available for lunch the same day.

Prepay with a Credit Card at MySchoolBucks.com

Parents can pay for school lunches using a credit card and check student account balances through the website MySchoolBucks.com. To get started all you need is your child's name, school, full student id number (not pin number), and birth date. Student id numbers are listed on your child's summer teacher assignment letter. Visit MySchoolBucks.com for more information.

*** Please note: A fee of \$ 1.95 will be charged for each credit card transaction. This fee is to cover bank charges, the school district does not receive any of the fees.**

Pay Cash

Cash is accepted on a daily basis.

Prepayment Bonus Plans -see next page ==>

Need more Information?

Visit our website at: www.milforded.org

Food Service Department

Here you will find lots of information about the food service program in Milford including menus, payment options, free & reduced meal applications, frequently asked questions, and links to some great nutrition related websites.