

## MEAL PRICES

2005-06

	<u>Lunch</u>	<u>Breakfast</u>
Elementary	\$1.65	\$ 1.00
Middle	\$2.00	\$ 1.25
High School	\$2.50	\$ 1.50

## Prepayment Bonus Plan

### Elementary School Students:

- ◆ Deposit \$66.00 and receive 4 extra lunches (total value \$72.60)!

### Middle School Students:

- ◆ Deposit \$80.00 and receive 4 extra lunches (total value \$88.00)!

### High School Students:

- ◆ Deposit \$100.00 and receive 4 extra lunches (total value \$110.00)!

## How can I limit how my child spends money?

### 3 Deposit Choices:

1. Deposit all money into account cash to purchase lunches. Snacks or milk (least restrictive).
2. Deposit all money into lunches only to purchase only lunches—no money for milk or snacks (most restrictive).
3. Deposit some money into lunches only and some money into account cash to purchase milk or snacks.

## DEPOSIT SLIP

NAME \_\_\_\_\_

ROOM \_\_\_\_\_

ACCOUNT \_\_\_\_\_

CASH \$ \_\_\_\_\_

LUNCHES \$ \_\_\_\_\_

BREAKFAST \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

## I forgot my lunch?

### Lunch Credit Policy

In the event that a 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 2 lunches on credit. When that 2-lunch credit limit has been reached, the students will receive an emergency lunch that consists of a cheese or peanut butter 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.MyLunchMoney.com](http://www.MyLunchMoney.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 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 will be distributed on the first day of school to every child in the Milford Schools. Applications are also available on our web site. Only one application per family is required.



## Answers to your School Lunch Questions 2005-06

▶ We Serve Education Every Day

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## ► What is School Lunch All About?

The goals of the Milford School Lunch Program are to provide nutritious, attractive, and tasty meals at an affordable price.



The National School Lunch Program (NSLP) is governed by federal and state guidelines set by the US. Dept. of Agriculture and the State Department of Education. Meals are planned to meet the Dietary Guidelines for Americans and one-third of the Recommended Dietary allowances for school-age children. The following key nutrients are the focus of our meals: calories ( $\leq 30\%$  calories from fat,  $\leq 10\%$  calories from saturated fat), protein, calcium, iron, vitamin A & vitamin C.

School meals are planned to encourage children to choose a variety of foods (an established dietary guideline) by making food choices on a daily basis. Our entrée, side dishes and milk choices are offered to help students best meet their recommended nutrient levels especially for vitamins A, C and calcium.

## What's in a Complete School Lunch?

Children learn to make food choices that include a variety of entrees, sides and milk.

When you buy lunch.....

You must:

Choose One Entrée

- ◆ Entrée of the Day
- ◆ Bagel & Yogurt Plate
- ◆ Sandwich of the Day
- ◆ Salad of the Day

You may:

Choose up to Two Sides (No Duplicates)

- ◆ Garden Salad
- ◆ Mini Carrots
- ◆ Fresh Fruit
- ◆ Canned Fruit
- ◆ 100% Fruit Juice

You may:

Choose One Milk

- ◆ 2% or 1% Low fat Milk
- ◆ Skim Milk
- ◆ 1% Low fat Chocolate Milk

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

One entrée plus one other item (side or milk)

MAXIMUM items you may take to complete your School Lunch:

One entrée, 2 sides, 1 milk

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

- ◆ Ice Cream                      u    Bottled Water
- ◆ Pretzels                            u    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

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.



Try our computerized Point-of-Sale Prepayment Program!!

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, 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 myLunchMoney.com

Parents can pay for school lunches using a credit card and check student account balances through the website myLunchMoney.com. To get started all you need is your child's name, grade, full student id number (not pin number), and birth date. Visit myLunchMoney.com for more information.

#### Pay Cash

Cash is accepted on a daily basis.

Need more Information?  
Visit our website at: [www.milforded.org](http://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.