

MEAL PRICES 2018-2019

	<u>Lunch</u>	<u>Breakfast</u>
Elementary	\$3.60	\$1.80
Middle	\$3.75	\$1.80
High School	\$3.85	\$2.25-\$2.50

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 smart snacks. If you would like to limit your child to meals only, please check the box on the deposit slip below.



GREENWICH FOOD SERVICE - 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

The Greenwich Food Services Department does not extend credit for children who have forgotten their lunch, forgot or lost their money or are out of money on their debit account. Children who fall into this category will be provided a lunch, free of charge, consisting of a Sun Butter and Jelly Sandwich or a Cheese Sandwich served with Milk and Fruit. After a second consecutive day, the school office will be notified to contact the parent or guardian.

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

1. Low balance letters are sent home with your child when the account balance falls below \$10.00.
2. Register your child's account at www.MySchoolBucks.com and you will be able to check your child's account balance online and/or setup email notifications (Registration is Free!)
3. Call the school kitchen manager. The best time to call is in the morning between 9:30am and 10:45am

Free or Reduced Price Meal Program

The Greenwich 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 in the summer mailing or on the first day of school to every child. Applications are also available in your school's office or on our website at www.greenwickschools.org. Only one application per family is required.

Greenwich Food Services



Answers to your
School
Lunch Questions
2018-19

DON'T 4GET!
Take at least **ONE**
FRUIT or VEGGIE
and at least **THREE** items total
so your meal counts as a complete lunch!

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GreenwichFoodServices

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Follow us on 
@GPS_SchoolLunch

What is School Lunch All About?



USDA guidelines for meals are healthier than ever before and are better for your kids.

- ◆ Students must choose at least one fruit or veggie serving, and we encourage them to choose more if they like from our "self-serve" mini vegetable bars.
- ◆ 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. All grain foods we serve are whole-grain rich with the exception of pasta, which for quality purposes remains the same and a kid favorite
- ◆ 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?

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

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

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

- ◆ Vegetable of the Day
- ◆ Mini Vegetable Bar
- ◆ Fresh Fruit - Apples, Bananas, Oranges, Seasonal Fresh Fruit
- ◆ Canned Fruit
- ◆ 100% Fruit Juice-offered only 2 days per week

Choose One Entree

- ◆ 2 Hot Entrees available per Day
- ◆ Yogurt & String Cheese Plate with Sm. Whole Wheat Bagel
- ◆ Sandwich or Salad of the Day

Choose One Milk

- ◆ 1% Low fat Milk
- ◆ Skim Milk
- ◆ Non-fat 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:

- * Sm. Ice Cream * Bottled Water * 100% Fruit Juice
- * Baked Snack Chips *Low-fat 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 Greenwich 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 (which are kept in the cafeteria) 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.



Try our computerized Point-of-Sale Prepayment Program!

3 Ways to Pay for School Meals:

Prepay at school with a check,*prepay using a credit/debit card at mySchoolBucks.com, or pay cash. Also families who qualify may apply for free or reduced priced meals (see other sidefor 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 Greenwich School Lunch Fund. 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/debit card and check student account information through the website mySchoolBucks.com To get started all you need is your child's name, school, 9 digit student ID number, and date of birth. Student ID numbers are listed on your child's summer teacher assignment letter. Visit mySchoolBucks.com for more information.

* Please note: A fee of \$2.49 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

Need more Information?

Visit our website at: www.greenwichschools.org

Food Service Department

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