

Mooreville Graded School District

School Meals – the Basics

The School Nutrition department is honored to serve a nutritious, quality breakfast and lunch to the students of MGSD. We proudly serve homemade and nutritionally balanced meals, consistent with the Dietary Guidelines for Americans. Students are provided choices from all of the food groups every day. Fresh local produce is incorporated into the menu as often as the seasons will allow.

Thank you for dining with us! We want to know what we can improve. Even if your student does not eat school meals, please take a moment to go online and take this survey or you can fill out this online survey. Here's the link: <http://www.surveyact.com/s/jn3tKYM6o9SJERbG>

What's for School Breakfast?



- Children can only stay focused on learning, if they have had a good breakfast. This is important every day of the school year.
- School Breakfast contains a whole grain, lean protein, fresh fruit, juice, and low fat milk.
- For those families who have applied and qualify for Free or Reduced Meal Pricing, the BREAKFAST MEAL PRICE IS FREE. Breakfast is \$1.00 if you don't qualify for meal benefits.
- A COMPLETE BREAKFAST must include (at a minimum) a FRUIT OR JUICE and 2 SERVINGS FROM THE OTHER FOOD GROUPS OFFERED to receive the BREAKFAST MEAL PRICE.
- Individual items, including milk, will be charged at the a la carte price.
- Selected the complete breakfast and still hungry? Additional items may be purchased a la carte.

What's for School Lunch?



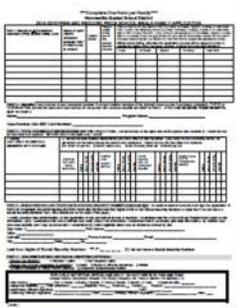
- Lunch is very important to refuel and recharge for the second half of the day.
- For those families who have applied and qualify for Free Meal pricing, the LUNCH MEAL PRICE is FREE.
- For those families who have applied and qualify for Reduced Meal Pricing, the LUNCH MEAL PRICE is \$0.40.
- For families that do not qualify for meal benefits, Meal Prices are as follows:
 - K-6 Lunch Price \$2.15**
 - 7-12 Lunch Price \$2.40**
 - 7-12 Premium Lunch Price....\$3.15**
 - Milk.....\$0.50**
- A COMPLETE LUNCH must include (at a minimum) a FRUIT OR A VEGETABLE and 2 OTHER FOOD GROUPS to receive the LUNCH MEAL PRICE.
- Individual items, including milk, will be charged at the a la carte price.
- Selected the complete lunch and still hungry? Additional items may be purchased a la carte.

Does your child qualify for Free or Reduced-Priced Meals?

- Did you know that Breakfast is Free for students who qualify for FREE or Reduced-Priced Lunch? Breakfast is \$1.00 for students who do not qualify for meal benefits.
- Did you know that our state of the art cashiering program keeps everything completely confidential? A student receiving free and reduced priced meals is not able to be identified as receiving benefits at meal service.

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<p>What is Free and Reduced Meal Pricing?</p>  <p>New! Submit your Meal Application Online!</p>	<ul style="list-style-type: none"> • A Free and Reduced Price Meal Application is provided to every student at the beginning of the school year and can be accessed online or from the School Nutrition office at any time during the school year. • Everyone and Anyone is welcome to apply for free and reduced meal benefits, if you need assistance with paying for school breakfast or lunch. • Fill out an application, and if your family income falls within the income guidelines, you will receive notification that you qualify for a Free or \$0.40 meal price. • YOU MUST RECEIVE A LETTER EVERY YEAR STATING YOU HAVE FREE OR REDUCED PRICE MEAL BENEFITS. IF YOU DO NOT RECEIVE A LETTER FROM US, WE DID NOT RECEIVE YOUR APPLICATION. PLEASE CALL 704-658-2639 • If you don't qualify now, but have an economic hardship at any time during the school year, you can reapply ANYTIME. • Remember filling out the application is completely confidential and a student receiving free and reduced priced meals is not able to be identified as receiving benefits. You must fill out a new application every school year. • Go to the MGSD Website>Departments>School Nutrition to get started with your online meal application.
<p>What if my student doesn't have money for a meal?</p> 	<ul style="list-style-type: none"> • If your student forgets his breakfast or lunch money, the school cafeteria will provide your student a COMPLETE MEAL, but the BREAKFAST OR LUNCH MEAL PRICE will be CHARGED to the student's cafeteria account. • The student and family are responsible for any charges on the student's cafeteria account. A notification of past due balances will be sent home via a letter, a phone call, and/or an email. • You can make online payments to your student's account at https://www.k12paymentcenter.com/ or by check or cash at your school. • In the case that your child does not have money and you want to prevent him/her from charging items to their cafeteria account, you must do this using the MGSD Charge Restriction Form. Please ask your cafeteria manager for a form or you can find it on the MGSD website or contact us at 704-658-2639.
<p>My student has a special diet requirement and <u>they eat in the school cafeteria</u>. What should I do?</p> 	<ul style="list-style-type: none"> • First, contact the school nurse at your student's school. • Fill out a Diet Order Form and submit to the School Nutrition Office. The school nurse can provide this form and it can be found on the MGSD website. • Once we receive the Diet Order form in the School Nutrition Office, we will contact you to discuss options for your student. • You can submit the Diet Order form before school begins. Please allow 10 business days to process Diet Orders. To ensure your student is following their special diet, please provide an appropriate meal from home, until you have heard from the School Nutrition Office and your student's Diet Order has been processed. • If your student's special diet has changed, YOU MUST submit a Diet Order Form.
<p>My student has a special diet, food allergy or intolerance, but <u>does not plan to eat in the school cafeteria</u>. What should I do?</p>	<ul style="list-style-type: none"> • Fill out a Diet Order form and submit to the School Nutrition Office. This is really important to do, even though your student will not be eating in the cafeteria. • Filling out a Diet Order form will allow all staff members that are involved with cafeteria functions to be aware of the special dietary concern and, if for some reason, your student decided to come through the cafeteria serving line, the school nutrition staff would be aware of the special diet. • Without a Diet Order form, there is no way for the School Nutrition Department or Cafeteria staff to know about the special dietary needs of students.