



High School Information 2019-2020

Breakfast

Breakfast is available each school day and starts the first day of school. Students must choose at least three different items; one must be a 1/2 cup of fruit or juice. Breakfast items include: entrée, grain, fruit/juice, and milk. If you have been approved for free or reduced priced meals, you also get free or reduced breakfast. Bring your friends and come check out breakfast!

Lunch

The cafeteria has a food court with 5 stations for the students to select from and at least 19 entrée choices each day. The stations are Mom's Kitchen, Sandwich Station (hot sandwiches), Cold Power (cold sandwiches, wraps, salads & yogurt parfait), Build Your Own Station (various pastas, potato bar or taco/nachos), and Finger Foods (chicken fingers, pizza & nachos). All entrée choices can make a meal if the correct side dishes are selected. Students must choose a full portion of at least three of the five components to receive a complete school lunch; at least one component must be a 1/2 cup of fruit or vegetable. Components include entree, grain, fruit, vegetable, and milk. There are unlimited (single trip) fruits and vegetables available, except for juice and potatoes. We encourage students to take what they want, but eat what they take in order to reduce waste.

All menus are analyzed for nutritional content and meet the USDA guidelines for the student's age. Contact the school nurse or the food services office for information regarding special diets.

SchoolCafé

Parents may monitor student meal activity through their SchoolCafé accounts. This provides quick and easy access to view account balances at any time, add funds through the provided hyperlink, see what items are being purchased, set limits on a la carte purchases and apply for free or reduced meals. A username and password is needed for the SchoolCafé set up. If the parent does not want their child to purchase anything from food service, they need to contact the food service office.

Payments can be made by check or cash at the school, by credit card online at <https://www.smsd.org> ([\\$3 fee per transaction](#)) or you can call the food service office with your credit card information (no fee). A student may receive one breakfast and one lunch per day at the student meal price. Second student meals are not allowed. Individual items may be purchased at the a la carte price. Students will not be permitted to purchase ala carte items if their account is negative.

Students can use their food service account or cash to purchase any items in the cafeteria. Students enter their student ID number on the PIN pad or scan their ID badge to make a purchase from their account. All students will receive a full breakfast and a full lunch regardless of the money they have in their account. Reminder phone calls are made when their accounts are running low or are negative. In June and December any negative account balances at \$75 or higher will be turned over to collections. Account balances (positive or negative) will follow the student each year within the district. Students withdrawn from district with a positive account balance will be refunded. Negative account balances need to be repaid or the debt will be sent to collections. Applications for free and reduced priced meals can be completed online or at the school. If a student receives free or reduced meals, they are eligible for one breakfast and one lunch per day as part of this benefit. All breakfast and lunch meal choices are available for all students regardless of eligibility status.

A la Carte items are available for purchase. There are guidelines titled 'Smart Snacks in Schools' that took effect July 1, 2014. The law has specific nutrition standards for all foods and beverages sold to students outside the school meal programs; on the school campus; and at any time during the school day. All food and beverage items must be in compliance. For more information visit <https://www.smsd.org>, Smart Snacks.

Foodservice information is available on the district's website at <https://www.smsd.org>, please contact Food Services at (913)993-9710. This institution is an equal opportunity provider.