



Lower Merion School District

301 East Montgomery Ave. Ardmore, PA 19003-3399

Phone: 610-645-1990 • Fax: 610-649-7990 • www.lmsd.org

Nutritional Services

Karen Castaneda, MBA, RD, LDN, Director of Nutritional Services

Dear Parent/Guardian,

The Nutritional Services Department uses a computerized debit system as a convenience for students to purchase meals and for caregivers to provide a breakfast and lunch without the worry of packing a meal or having to handle cash. Please read this document carefully, if you have any questions please call the Nutritional Service Office at 610-645-1990.

This computerized debit system has 3 basic components.

1- Touch screen computer monitor that allows the cashier to input menu item selections.

2- Twelve key PIN pad for the student to enter their personal identification number (same as school student number) to access their account.

3- School Photo is downloaded into the system for ID purposes. (This is to prevent fraudulent use of student accounts as every time an account is accessed the digital picture will appear on the touch screen monitor for the cashier to view).

Money can be deposited into your child's account regardless of whether your child is a free, reduced or full paying student. Money will be automatically deducted as the student uses their account. The system is confidential; every student uses the system in the same manner regardless of meal status of paid, reduced or free. Money can be deposited by check, money order or cash. Credit cards are not accepted at this time. Advance payments will be accepted for any amount of money. Any unused funds at the end of the school year will be carried over to the next school year.

There is no limit on the amount of money that can be deposited. For students who actively use their accounts, notification will occur via School Messenger, our automated phone messaging system, when their account reaches a low or negative balance. School Messenger will call your primary phone number on Monday, Wednesday and Friday evenings to notify you that your child has a negative or low balance of \$5 or less. This is a courtesy provided so that you are aware of the status of your child's account. You may also open an account online at www.myschoolaccount.com to make payments through your checking account and to view your student's cafeteria purchases. Please note: Credit cards are not accepted at this time.

If you think your child may be eligible for **free or reduced priced meals**, please apply online at <https://www.paschoolmeals.com>. The waiver is to be returned to the Nutritional Services Office via fax, 610-649-7990 or email at Pinardk@lmsd.org only to be shared with other departments that may waive fees for some programs. The link for the waiver can also be found on the Nutritional Services LMSD.org web page.

Please complete the deposit form for the initial payment. Students should give the form and monies to their teacher (elementary) or to the cashier (middle or high school). If you do not wish to participate in this program at this time, the Cafeteria will still be accepting cash/checks on a daily basis. All students have an account set-up. Parents may want to consider depositing an emergency fund of \$5.00 in case your child forgets a lunch or two.

No A La Carte or snack items may be purchased to any negative accounts.

You may block your child's account from being able to charge A La Carte items to their account by notifying the Nutritional Services Office at 610-645-1990 and by checking the box for the Block A La Carte account on the Student POS Cafeteria Deposit Form that is attached.

Student POS Cafeteria Deposit Form

Student Name _____

School _____

Account# _____ Grade _____

Parent/Guardian's Name _____

Cash/Check Amount Total \$ _____ CK # _____

Block A La Carte Account

(only a complete meal will be allowed to be purchased, no snacks or single items such as extra milks or water)

Make checks payable to: **LMNS**

Please Identify the Student on the Memo line of the Check: Student Full Name and Student ID Number

***We do prefer personal checks or money orders for your**

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School District

Welcome to the 2019-2020 school year!

The Lower Merion Nutritional Services Department strives to serve our students a healthy and fresh breakfast and lunch daily to help the students achieve their classroom goals. The Nutritional Services Department provides many other services in addition to **Breakfast and Lunch**. They include the Classroom Catering for grades 6-12, Boxed Lunches for Field Trips and Kindergarten Snacks. Additional information and ordering forms are provided on Nutritional Services on the LMSD.org website.

Field Trips – Boxed Lunches

Boxed lunches are provided for students going on field trips. The lunches are prepared in the school kitchens and packed in coolers for the Teachers to take along on the bus. These lunches meet the Federal Requirements for a National School Lunch and are available to all students regardless of their meal status. Forms are available on-line and in the main office of your school. Please submit forms at least 1 week in advance

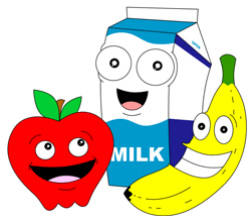
Kindergarten Snacks

Let us pack your student's snack for less than \$1.00/day. We provide water and snacks. Please look for the form included in the beginning of the year packet. The link for the waiver can also be found on the Nutritional Services LMSD.org web page.

Menus

Menus are available online on the Nutritional Services LMSD.org web page at [view menus on Mealviewer.com](#)

We serve Breakfast!



Wellness Policy Revision

In June of 2017, the district revised board policy 254 Student Wellness that addresses foods available to students during the school day to comply with federal and state regulations on topics such as Classroom parties and Celebrations, Fundraisers and the Elimination of Food as a Reward.

Classroom parties and celebrations: Celebrations in which food was a focus have not always promoted good nutrition and sometimes result in disruption in instructional time, posed a health issue to students with serious health issues and placed a burden on some families. In recent years, several of our schools successfully implemented non-food celebrations for birthdays and other events. Policy 254 revised in June 2017 includes the following practices for the school year.

- Grades K-5: **No food of any kind** is permitted to be brought to school to be shared with students during the school day in connection with recognition of birthdays, celebrations such as Halloween or Valentines' day, cultural events and end of year festivities. There are creative and fun ways to celebrate birthdays and other events without food.
- Grades 6-12: Foods brought to school for recognition of birthdays, celebrations, cultural events and end of the year festivities must be in compliance with the District's Nutritional Standards. They must offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will also provide the following: fresh fruits and vegetables and water, 100% fruit juice or milk. Homemade food is not permitted to be brought to school for the purpose of being shared during the school day with students either by other students, teachers or other persons. In order to protect the health and safety of all students, please do not bring food for classroom parties, celebrations or activities for children other than your own child without advance notice to the teacher or principal.

If you have a product you are interested in selling as a fundraiser and need assistance identifying the product to meet the LMSD Nutritional Standards, please contact Mo Hussein, Assistant Director of Nutritional Services, at 610-645-1991 and hussein@lmsd.org.