



High School Information 2020-2021

Breakfast

Breakfast is available each school day. The breakfast menu includes an entrée, grain, fruit/juice and milk. A student must choose at least three different items to receive a full breakfast; one of the three items must be ½ cup of fruit or juice. If the student takes both fruit and juice, they count as one of the 3 items. If you have been approved for free or reduced priced meals, you also get free or reduced breakfast.

Lunch

The high school 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 and cost.

A student may purchase milk if they bring a sack lunch. If a student has been approved for free or reduced meals and want just milk they must purchase the milk.

Menus

All menus are analyzed for nutritional content and meet the USDA guidelines for the student's age. Monthly menus are available on the Food Service webpage at <https://www.smsd.org>. The "pig" symbol on the menu means that the item contains pork.

Special Diet

If you have an allergy or specific dietary concerns, contact your school nurse for a medical form to be filled out by your doctor.

SchoolCafé

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

Payments

Payments can be made by check or cash at the school, by credit card online through E-Funds (fee) at <https://www.smsd.org> or by calling the Food Service office with a credit card (no fee). The student may receive one breakfast and one lunch daily at the student meal price. Second student meals are not allowed. Individual items may be purchased at a la carte prices. Students are not permitted to purchase a la carte items (including milk) if their account is negative.

Students can use their food service account or cash to purchase items in the cafeteria. Students enter their student ID number on the PIN pad or scan their ID badge to make the purchase from their account. All students may receive a full breakfast and a full lunch regardless of the money they have in their account. Reminder phone calls will be made when student 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.



Meal Prices for 2020-2021

	Elementary	Secondary	Reduced	Free	Visitor
Breakfast	\$1.50	\$1.60	\$0.30	\$0.00	\$2.50
Lunch	\$2.75	\$2.90	\$0.40	\$0.00	\$4.20

A la Carte

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>, Wellness & Smart Snacks.

Free/Reduced Meal Program

The free/reduced meal program is available to anyone who applies and meets the income guidelines set by the USDA. **Applications are filled out online at <https://www.SchoolCafe.com>.** We strongly encourage you to fill out an application after July 13, 2020 and before school starts to receive benefits the first day of school. You are responsible for any meals charged before your application is approved. Processing the application can take up to 10 days. 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.

Filling Out Applications

Applications are online at <https://www.SchoolCafe.com>. List all students in Step 1. List other children, all adult household members and their gross income, and how often you are paid in Step 3. Fill in the number of household members box and include either your last 4 digits of your social security number or mark the box indicating no social security number. Lastly, add your signature. You will be notified with the results. If you receive food assistance through the State, please call the food service office.

Verification

Throughout the year, we will randomly select applications and ask for additional information to prove the information on the application is correct. You are required to comply with the request for the documents or you are removed from the program.

Automated Phone Calls

Automated phone calls are sent for the following reasons:

- Approved for free or reduced meals.
- A low account balance. Full price students if below \$8.00 and reduced students if below \$2.00.
- A negative account balance.

Food service information is available on the district's web site at <https://www.smsd.org> or you can call the food service office at 913-993-9710.

This institution is an equal opportunity provider.