



Visit us on the web @ www.bsd405.org/services/nutrition-services/

Hello!

Our Nutrition Services staff are excited to welcome students back for the 2023-24 school year. We hope the following information will be a helpful resource as you and your student(s) prepare for the year.



What meal options are available in my child's school?

Lunch is served daily in all schools.

Breakfast is available before school at the following locations:

ELEMENTARY: Ardmore, Clyde Hill, Enatai, Lake Hills, Phantom Lake, Sherwood Forest & Stevenson.

MIDDLE SCHOOL: Chinook, Highland, Odle & Tye.

HIGH SCHOOL: Interlake, Newport & Sammamish.

What are the prices for school meals?

2023-24 School Meal Prices			
	Breakfast	Lunch	<i>Student's eligible for Reduced-Price school meals may participate at no cost! A co-pay will not be collected.</i>
Elementary	\$2.25	\$3.75	
Middle	\$2.50	\$4.00	
High	\$2.50	\$4.00	
Adult	\$3.25	\$5.00	
Milk only	\$.50	\$.50	

New for 2023-24:

All students attending Lake Hills, Sherwood Forest & Stevenson Elementary schools may participate in the breakfast & lunch program at no cost!

Why are meals available at no cost for students attending Lake Hills, Sherwood Forest & Stevenson?

Nutrition Services was approved in July 2023 to offer meals at no cost for all students attending these three schools through a federal program called the Community Eligibility Provision (CEP).

What is the Community Eligibility Provision?

Community Eligibility Provision was created as part of the United States Department of Agriculture's (USDA) National School Breakfast and Lunch Program. CEP allows schools to provide meals at no cost to student based on community economic data rather than an individual household's income.

Where can I find the menu or allergy information?

www.bsd405.org/services/nutrition-services/lunch/

How do students access their school meal account?

All students (preschool to grade 12) attending school in a district building have a school meal account that can be accessed with their student ID number.

Students need to learn their student ID number to enter it on the keypad at the cashier's desk.

How do you pay for school meals?

Nutrition Services uses **PayPAMS** for online payments for school meals.

Go to www.paypams.com for more information.

Families/students may also pay for meals in the cafeteria by check (payable to Bellevue School District) or cash.

PayPAMS will charge a \$2.40 fee per family, rather than per student for online credit card payments.

New for 2023-24: PayPAMS now offers a ACH Direct Withdrawal payment option. This option enables families to make payments directly from their bank account. The direct withdrawal option has a \$1.60 transaction fee.

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If I forget to send money with my child to school, will they still be able to have lunch?

Nutrition Services is required to provide a meal to any student who requests it regardless of their ability to pay at the time of service. The price of the meal will be debited (charged) to the student's account.

A la carte items, including milk only purchases or second meals, must be paid for at the time of service.

Families are responsible to pay negative balances on a student's meal account. Limits may be set. Contact Nutrition Services for more information.

My child qualifies for free meals but we prefer to send lunch from home. Can my student have only milk for free?

No. USDA, who provides funding for the free school meal program, allows only complete meals to be offered at no-cost. If a student prefers milk only, it must be purchased for \$.50.

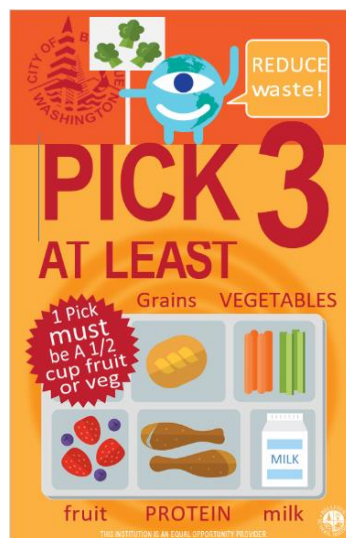
What is a "complete meal"?

Under USDA's National School Lunch Program, students must be offered choices daily from five (5) food groups, in *at least* the minimum required quantities, for their grade.

The five (5) food groups are: **protein, grains, fruits, vegetables, and milk.**

For a lunch to qualify as a "complete meal" the following 2 rules must be met:

1. Students MUST select at least 3 of the 5 food groups offered.
2. Students MUST choose at least a ½ cup of a combination of fruits and/or vegetables.



Similar rules are in place for breakfast as well.

The 2023-24 application for Free or Reduced-Price meals is available starting August 21st.

APPLY NOW

Go to: www.bsd405.org/freeandreduced

- ✓ Families must reapply each year. If your student(s) qualified for free or reduced priced meals last school year, their prior year eligibility is extended for the first 30 school days. After 30 days (**October 17, 2023**), school meals will be charged at the paid meal price if a new application has not been processed.
- ✓ Complete only **one application per household**.
- ✓ List **all students** enrolled in a BSD school and **all household members** on the application.
- ✓ Families may reapply during the school year if financial or household size changes occur.

If your student(s) qualifies for free or reduced priced meals, they are eligible for additional benefits offered by the **Family Engagement Specialists** or **fee waivers** (*ASB card, athletic fees, test fees, etc.*).

- ✓ Complete Part 5 (**Sharing Information**) on the application to take advantage of these programs.
- ✓ If your student was **directly certified** for free or reduced priced meals due to participation in assistance programs such as Basic Food, Medicaid, TANF, ECEAP, Foster or Homeless; families **must complete** and return the **Consent to Share form** that is sent with the eligibility letter to access these additional benefits.

Downloadable copies of the free and reduced-price meal application (available in over 50 languages) can be found on our website.

Do families with a student attending one of the 3 CEP elementary schools need to complete the annual application for free or reduced priced meals?

- ✓ No; if you only have a student(s) enrolled at a CEP school (Lake Hills, Sherwood Forest or Stevenson).
- ✓ No; if you also have a student enrolled at a non-CEP school AND received a letter from Nutrition Services informing you that all your student(s) have been directly certified for free or reduced price meals for the 2023-24 school year.
- ✓ **YES**; if you also have a student enrolled at a non-CEP school **AND** did not receive a direct certification letter from Nutrition Services. Report **all BSD students** on the application for free or reduced-price school meals.

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