

BREAKFAST AND LUNCH

Breakfast is served every school day free of charge to all students.

Student lunch prices are:

- Full price: \$3.75
- Reduced (must qualify): \$0.40
- Free (must qualify)

Parents are always welcome to come and enjoy a meal with their child and purchase a separate breakfast and/or lunch. Parents are not allowed to take food from student trays. Call the food service department of your child's school should you have any questions or concerns.

PAYING FOR LUNCHES

Students are expected to pay for lunches provided by the school and will be allowed up to three charges. The cafeteria will send up to two written reminders to Parents/Guardians and will then call home if there is no response to the letters. After the third charge, the child will receive a sandwich, a serving of fruit and a drink until the account balance is cleared. There are several ways for Parents/Guardians to pay for meals and weekly/monthly payment is encouraged. Parents will be able to prepay for meals at the school or online. Student transactions will also be available to parents online.

- You may send money with your child in the form of cash, check (\$25.00 returned check fee) or money order to be paid directly to the school cafeteria
- You may go to the school, get a visitor's pass, and go to the cafeteria yourself to pay on your child's account.
- You may pay online with www.linqconnect.com (information is available at school offices and from the cafeteria)

If you need to check the balance of your child's account you may:

- Contact the school cafeteria at any time during cafeteria business hours (usually from about 7:00am to 1:00pm)

Use www.linqconnect.com free of charge – This allows 24-hour access to check the balance of your child's account and/or to review daily meal transactions. You may also set up a free email reminder for low balances online and the website will work with any cell phone web browser as well.

- High Schools and Middle Schools offer a snack cart to students during lunch periods.

We must follow the Federal Health Snack guidelines/Wellness Policy for all MUSD schools.

WELLNESS POLICY

The Maricopa Unified School District promotes wellness by supporting good nutrition and regular physical activity as part of the total learning environment. Wellness is defined as the dynamic state of achieving optimal well-being in all the dimensions of health: *Physical, mental/emotional and social.*

NUTRITION EDUCATION

- Nutrition education shall be integrated within the comprehensive health education curriculum and taught at every grade level.
- The entire school environment, not just the classroom, shall support the nutrition education program and be linked to the school meal program – reaching classroom, cafeteria and community.
- All students shall have the skills necessary to make nutritious choices.

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Each school in MUSD will encourage staff to model healthy eating and physical activity as a valuable part of life. Our schools will strive toward integrating a coordinated school health approach.
- Parents will be provided the opportunity to give feedback on wellness goals through our website, email, parent conferences and family engagement events.

NUTRITION PROMOTION

- All school meals promote fresh fruits, vegetables, whole grains, and low-fat items, including low-fat and fat-free milk.
- School meals shall be made attractive to students. To the extent possible, school and transportation schedules shall be designed to encourage participation in the school meal programs.