

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.

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

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

DISTRICT 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.

PHYSICAL EDUCATION

- Physical education classes will be taught by a certified physical education instructor. Classroom physical activity opportunities shall be offered daily during the school day. MUSD promotes the use of school facilities outside of school hours for physical activity programs offered by community-based organizations
- Physical education classes will be provided to students in all grade levels.
- Physical education classes will have the same student/teacher ratios used in other classes.
- The physical education program shall provide adequate space and equipment and conform to all applicable safety standards.
- MUSD will not tolerate the use of physical activity as punishment, the withholding of participation in physical activity/education as punishment, or the use of physical education class time to complete assignments from other classes. Furthermore, restorative practices in the form of affective statements and questions and short impromptu conferences shall be used during physical activity to enhance student problem-solving, address