

# A Parent's Guide to UNDERSTANDING THE LUNCH LINE

Each day, your child is offered the following to make a meal at lunch:

- Meat/Meat Alternate (M/MA)
- Grain (G)
- Fruit (F)
- Vegetable (V)
- Milk (M)

## THE CHOICE IS UP TO THEM!

Of the 5 components offered, your student must choose at least 3 to make a meal. One selection **MUST** be a fruit or vegetable.

*Some of the menu choices may count as 2 meal components, such as pizza, nachos, cheeseburger, or chef salad.*

Here is an example of some typical menu offerings:

- Italian Stromboli (M/MA & G)
- 1/2 cup Roasted Buffalo Cauliflower (V)
- 1/2 cup Fresh Cut Cucumbers (V)
- 1/2 cup Chilled Peaches (F)
- 8 oz Milk (M)

To make our students happy, we like to give them the option to decline items they do not wish to eat.

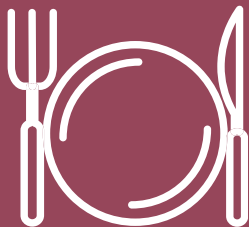
Your child could make a meal selecting:

- Italian Stromboli
- Cauliflower
- Cucumbers
- Peaches
- Milk

OR

- Italian Stromboli
- Peaches
- Milk

*Of course, they can take other combinations or all 5 groups!*



## DON'T FORGET ABOUT BREAKFAST!

Breakfast is a great way to kickoff your child's day! Join us each morning!

*Similar to lunch, a full meal consists of 3 items with one of those items being a fruit, fruit juice, or vegetable.*

# Morgan Local Schools Food Service Department



We hope you have a pleasant nutrition experience with us.

Morgan Local Schools participates in the School Breakfast Program and National School Lunch Program, which is operated by the USDA. For us to purchase food to supply these meals, we receive reimbursement from the government for every meal we serve. Since we are receiving federal funds to fund our programs, we must serve and prepare meals that meet federal nutrition requirements.

The food service department must follow specific guidelines ranging from types and quantities of foods offered and how meals are accounted for in the kitchen to what happens at the cash register and the nutrient make up of each meal served. Each year, we are required to make progress in achieving improved healthy offerings. Specifically for whole grain rich items, like pizza crust, we are required to work towards offering 100% whole grain rich items in addition to reducing sodium and saturated fat.

**All charges are the responsibility of the parent/guardian. Students will not be allowed to charge any a la carte snacks/beverages if their account is in the negative.**

- Notifications will be sent when negative balances occur. If account balances exceed \$50.00, parents/guardians will be contacted by the Food Service Director.
- At no time will a child be denied a full meal.
- Lunch payments can be made in person or online at the PaySchools portal:  
<https://www.schoolpaymentportal.com/Default.aspx>

**To create your account go to the district website, click Menu, Dining, then Manage Lunch Account PaySchools Central**

- If you do not have an account, click on, "Register", enter your profile details, set up your password via the email link PaySchools sends, then log in.
- Add your students to your account using their student ID numbers
- If you'd like, enter credit card and/or banking information as forms of payment to use with your PaySchools account, or simply plan to use guest checkout when the time comes.
- Manage school payments, your student's account, and review your children's purchases

Free and Reduced Applications will be made available at the beginning of each school year and throughout the entire school year. You can request an application in the main office of your student's school.

We hope your breakfast & lunch experience with us is a pleasant one. If you should have any comments, concerns, or suggestions, please do not hesitate to contact John Kronenbitter, General Manager of Foodservice, at [John.Kronenbitter@sfellc.org](mailto:John.Kronenbitter@sfellc.org).

Check out the menu items on Nutrislice - including calories, nutritional information, and allergens. Available as a free download in the app store and online at [morganschools.nutrislice.com](http://morganschools.nutrislice.com).

***Thank you, Southwest Foodservice Excellence***