



# WELCOME BACK TO SCHOOL



**5 BY FRIDAY - FRIDAY EDITION**

## Nutrition and Health in UASD Schools

All foods offered in UASD schools throughout the school day are provided with a focus on promoting student health and combating childhood obesity. The meals served through the National School Lunch and School Breakfast Programs adhere to Federal nutrition standards as outlined in the School Meals Initiative. Additionally, all competitive foods and beverages available to students during the school day meet Nutritional Standards for Competitive Foods in Pennsylvania Schools directives. The cafeteria operates under stringent state and federal regulations that govern food preparation and service. For comprehensive details about UASD Cafeterias and the Food Service Department, please click the button below.

## UASD Food Service

Everything all in one place! . . . Menus, My SchoolBucks, Free/Reduced Lunch, and More!

take time for  
**school  
BREAKFAST**



### DID YOU KNOW?

The Commonwealth of Pennsylvania has approved free breakfast for all students during the 2025-2026 school year. All students who choose to have breakfast at school when they arrive in the morning may do so at no cost to them or their families. Students **must still pay for daily lunches** if they choose to eat lunch at school. Elementary & Intermediate School lunch costs are \$2.95

and Middle and High School lunch prices are \$3.20. Reduced price meals, for those who qualify, will be .40 per day. Questions? Please contact Kim Cless in the Food Services Department at [k.cless@upperadams.org](mailto:k.cless@upperadams.org).

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## Paying for Lunch

The UASD Food Service Department employs a meal accounting system called My SchoolBucks, which enables you to deposit funds into your child's lunch account. Each student's account is distinct and can only be accessed by them using their personalized PIN number. As your child makes purchases in the cafeteria, the amount spent will be deducted from their account balance. If your child has a negative balance, they will not be allowed to make additional purchases.



## Track Your Child's Purchases

Curious about what your child has been buying? You can log onto [MySchoolBucks.com](https://www.myschoolbucks.com). Once registered and your account is set up, you can monitor your child's spending, add more funds to their account, and receive low-balance notifications via email.

## Payment Options

If you prefer not to use [MySchoolBucks.com](https://www.myschoolbucks.com) to add money to your child's account, please be aware that checks are preferred over cash. Checks should be made out to UASD Food Service and must include your student's name and lunch ID on the memo line. Payments for siblings can be combined on one check only if they attend the same school building. If you opt to send cash for cafeteria purchases, please note that change will not be available. The total amount given to the cashier will be credited to your child's account.

## Important Notes

- A fee of \$20 will be charged for all returned checks.
- Charges for extra items (a-la-carte options, drinks, or second meals) are not permitted.
- If your child wishes to purchase an extra breakfast, the cost is \$1.50 (reduced cost - \$0.30).
- An extra lunch is priced at \$2.95 (reduced lunch - \$0.40).

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## Free/Reduced-Priced Meals

We encourage all families to review the application for the Free & Reduced Lunch Program and to apply even if you believe you may not qualify. By submitting the application, the Upper Adams School District may be able to provide your child(ren) with free or reduced-priced lunches. To apply for these meals, please visit the following link: <https://www.compass.state.pa.us>.



If you have already received notification of Direct Certification for the 2025-2026 school year, there is no need to apply again. For additional assistance, please reach out to Kim Cless in the Food Service Department by calling 717-677-7191, Ext. 2740, or by emailing her at [k.cless@upperadams.org](mailto:k.cless@upperadams.org).



## Upper Adams Intermediate School

<https://www.upperadams.org>

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