

Back to School

5 by Friday Friday Edition

Upper Adams Intermediate School

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 food 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!



DID YOU KNOW?

The Commonwealth of Pennsylvania has approved free breakfast for all students during the 2026-2027 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. If your child wishes to purchase an extra breakfast, the cost is \$1.50 (reduced cost - \$0.30)

BREAKFAST WILL NOT BE SERVED ON THE 1ST DAY OF SCHOOL.

BREAKFAST SERVICE @ UAIS WILL START ON THURSDAY, AUGUST 20TH.

*Note: Students **must still pay for daily lunches** if they choose to eat lunch at school. Elementary & Intermediate School lunch costs are \$2.95; reduced-price meals, for those who qualify, will be .40 per day. A-la-carte options, drinks, or second meals are available for additional cost. Questions? Please contact Kim Cless in the Food Services Department at k.cless@upperadams.org.*

Paying for Lunch

The UASD Food Service Department employs a meal accounting system called **My SchoolBucks**. This site enables you to deposit funds into your child's lunch account, track their purchases, set up low-account balances, and lots more! You can log onto



[MySchoolBucks.com](https://www.myschoolbucks.com), and get started any time! Each student's account is uniquely theirs 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.

Other 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. **A \$20 fee will be charged for all returned checks.**
- 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.

Please note: if a student finds themselves without lunch money on any given day, they are allowed to charge their meal. Payment for the charged meal is expected the next school day. However, charges for extra items (such as a-la-carte options, drinks, or second meals) are not permitted.

Free/Reduced-Priced Meals

We encourage all families to review the application for the Free & Reduced Lunch Program. Submitting an application and being approved for the program is the only way that the School District can provide your child(ren) with free or reduced-priced lunches. To apply for the program, please visit the following link:

<https://www.compass.state.pa.us>. 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.



If you have already received notification of Direct Certification for the 2026-2027 school year from the State, there is no need to apply again.



Upper Adams Intermediate School

<https://www.upperadams.org>

Sonia Buckley, Principal - s.buckley@upperadams.org

William Thomas, Assistant Principal - w.thomas@upperadams.org

Karen Swartz, Administrative Assistant - k.swartz@upperadams.org

Sheri Tuckey, Administrative Assistant - s.tuckey@upperadams.org

