



Moniteau School
District
1810 West Sunbury Rd
West Sunbury, PA 16061
724-637-2091 ext 1760
Jennifer Zellefrow,
Director of Food
Services

Breakfast and Lunch Prices

The 2019-2020 school year meal prices:

Breakfast

Full Paid Price	\$1.00
Reduced Price	\$0.30

Lunch

Elementary Full Paid Price	\$2.10
Secondary Full Paid Price	\$2.30
Reduced Price	\$0.40

Free and Reduced Priced Meals

Q. How do I apply for Free or Reduced Price Breakfast and Lunch for my Student(s)?

A. Households can apply for free or reduced price meals by submitting an online application at www.schoolcafe.com or on the schoolcafe app. A new application must be filled out each school year. If you prefer not to apply on-line, a paper application is available in the school office or by contacting the Food Service Department.

We encourage everyone to apply if they feel they may be eligible. Households can apply anytime during the year. The application needs to be completed after July 1st for the upcoming school year. Please contact the food service department with questions. 724-637-2091 Ext. 1760.

Please note that if you transferred from another school district and received free or reduced meals, you must fill out a new application to qualify at Moniteau School District.

Meal Accounts Procedures

Please take the time to read the student meal account procedures. The Meal Account procedures are available on the district webpage under the Food Service Section.

Policy 808, Food Services can be located on the Moniteau School District Website under the Board Policy Section.

Student Meal Accounts

Q. How does my child access their personal meal account?

A. The students access their meal accounts by entering a ID #/ pin number (the six digit student number) into a key pad. This number is provided to each student at the beginning of the school year. The same pin number is used each year and at both the elementary and high school until the student graduates from the Moniteau School District.

Q. How do I know the account balance for my child's meal account?

A. The student meal account balances and purchase history can be accessed on-line at <https://www.schoolcafe.com> or on the schoolcafé app. There is no charge to view your student's meal account activity on-line. A parent/guardian can also request the meal account balance by contacting the food service department. The student's account balance is carried over from year to year. All accounts must be paid prior to end of each school year.

The Food Service Department allows students to charge a lunch when they do not have the money; however, we do not allow the charging of snacks or ala carte items.

Q. How do I make payments?

A. We accept checks, cash and online payments. We prefer you use the online payment option or send checks made payable to the Moniteau School District Food Service Department (MSDFSD). Please send the payment in an envelope with your student's name and ID number. Online payments can be made at <https://www.schoolcafe.com> or on the schoolcafé app for a small processing fee. Please note that the Moniteau School District does not profit from the use of this site. If you enrolled your student in auto pay last school year, you will need to reenroll them for the new school year.

Student Meal Accounts *continued*

Q. Can I limit a la carte purchases for my child?

A la Carte items are individually priced and can be purchased in addition to the meal or separately, such as milk for a student that packs his/her lunch.

Examples of A la Carte foods are: individual servings of baked french fries, milk, fruit or vegetable, sandwich or other main entrée, reduced fat ice cream or baked snacks.

You can limit or restrict your child from purchasing extra items. Please call the food service department at your child's school if you want to limit ala carte purchases. The student's meal account will then be marked accordingly. We encourage limiting snacks to two items with the purchase of a meal or with a meal brought from home, but you must decide what is best for your child.

Student Wellness

The Student Wellness Policy, Policy 246 is located on the Moniteau School District Website under the Board Policy section.

Q. Are school breakfasts and lunches nutritious?

A. Yes! Our school meals meet federal standards based on the Dietary Guidelines for Americans. School meals include more fruits and vegetables, more whole grains, low-fat instead of high-fat milk, and sensible limits on calories, unhealthy fats, and salt. It is important to encourage your child to eat all the components, including fruits and vegetables. We offer a minimum of five choices of fruits and vegetables daily for the students.

Q. What if my child requires a special diet?

A. If your child: has special dietary needs due to Food Allergies or a disabling condition(s), plans on participating in the school breakfast/lunch program and requires dietary substitutions, please contact the Food Service Director to discuss your child's diet and to obtain a "Medical Plan of Care Form". The Medical Plan of Care form must be completed by your doctor and must be submitted to the Food Service Department and School Nurse. We cannot accept a physician's prescription slip in lieu of this from.

School Breakfast and Lunch

The Moniteau School District follows the National School Breakfast Program (NSBP) and National School Lunch Program (NSLP). These programs are federally assisted meal programs operating in public schools, nonprofit private schools, and residential child care institutions. They provide nutritionally balanced, low-cost, or free breakfasts and lunches to children each school day.

Breakfast

To meet the requirements of the NSBP, we must offer a minimum number of food items in age specific serving sizes of each of the following food components:

- Grains/Breads/Meat/Meat Alternatives
 - Fruit/Vegetables
 - Milk

A student may select an entrée (grain and/or meat, 1 or 2 fruit servings, and milk. To count as a "complete" breakfast, students must take a minimum of 3 items. A fruit or vegetable must be taken with each breakfast.

Lunch

To meet the requirements of the National School Lunch Program, a school must offer a specified serving size of each of the following five food components:

- Meat/Meat Alternative
 - Grains/Breads
 - Fruits
 - Vegetables
 - Milk

A student may select an entrée (grain & meat), 1 or 2 vegetables, 1 or 2 fruits and milk. To count as a "complete" lunch, students must take a minimum of 3 items. A fruit or vegetable must be taken with each lunch.

* A food item may count as more than one component. For example: a Hamburger – bread and meat or a Popcorn Chicken Salad w/ a Wheat Dinner Roll – vegetable, meat and bread.

* Students receiving meals free of charge or at the reduced rate must choose a "complete" meal or they are charged the a la carte price for the items selected.

* Students taking fewer than three (3) must be charged ala carte prices as those items cannot be reimbursed as a lunch under the NSLP. Students taking greater than five (5) of the meal components will be charged for each item at the ala carte (individual portion) price in addition to the established lunch price.