

**Parkway School District
Nutrition Services**

“Good nutrition is the new tradition.”

Nutrition Services Website

Nutrition Services uses its website to provide detailed information on its services.

www.parkwayschools.net/page/1199

Monthly Menus

- On our website choose **Menus** to view the elementary, middle and high school lunch menus as well as the elementary breakfast menu.
- **Menus** includes information about choices offered at your school in addition to a side bar which lists additional items offered.
- If you wish to see prices for individual items served in secondary schools, click on the **A la Carte Prices** link.



For monthly menu updates:

www.parkwayschools.net/page/1673

Menus & A la Carte Prices

Breakfast/Lunch Menu Plan

For a meal to be reimbursable or subsidized, we are required to follow the USDA meal plans:

Breakfast: 5 component maximum or 3 component minimum (one being the serving of a fruit or vegetable). When two of the same side dish are chosen or more than 5 items are taken, you will be charged extra.

Menu Items Offered:

Grains: Cereal, Cereal Bars, Bagels, Muffins and Whole Grain Snack Cookies

Fruits: 4 oz. Juice, Fresh Fruit, Fruit Cup and Dried Fruit

Vegetable: Celery, Carrots

Protein: Breakfast Wrap, Breakfast Sandwich and Yogurt

Milk: 1% Milk, Skim and Skim Flavored Milk

Lunch: 5 component maximum or 3 component minimum (one being the serving of a fruit or vegetable). When two of the same side dish are chosen or more than 5 items are taken, you will be charged extra.

Menu Items Offered:

Whole Grains: Sandwich Bun, Hot Roll, Crackers, Bread Stick

Fruits: 4 oz. Juice, Fresh Fruit, Fruit Cup, Frozen Fruit, Dried Fruit and Cobblers

Vegetables: Cooked, Fresh, Beans or Salads

Protein: Chicken Fillets, Nuggets, Beef Entrees, Roasted Pork, Baked Fish Pieces, Cheese, Pizza

Milk: 1% Milk, Skim and Skim Flavored Milk

Student Full Price

Breakfast \$2.35 – Lunch \$3.10

Student Reduced Price

Breakfast \$0.30 – Lunch \$0.40

Adult Price

Breakfast \$2.60 – Lunch \$3.35

(An extra beverage for all meals \$0.50)

(Extra entrée Breakfast \$1.50 – Lunch \$2.00)

Nutritional Analysis of Menus

- The **Nutritional Analysis** of all of our menus are posted on the Nutrition Services website.
- Serving sizes, carbohydrates, protein, fat content, calories, vitamins and minerals are listed.
- A nutritional rating system called the Dot Project is available at our elementary and middle schools.
- Color coded dots are placed on the serving line for easy identification.



Green: Always

Yellow: Occasionally

Red: Rarely

www.parkwayschools.net/page/3056

Nutritional Analysis

Food Allergy Information

We have had numerous requests over the last few years for the ingredient makeup of our menu items.

- Parents are taking a proactive approach to their children’s food allergies.
- You can find the ingredients of our menus on the Nutrition Services website:

www.parkwayschools.net/page/3057

The Allergy Guide

Deposits

To make a deposit into your child's account, there are two options:

Option 1: Cash or Check to School

Payments sent to the school with your child may be dropped into a deposit box in the school or given to the cafeteria cashier at breakfast or lunch.

To set purchase limits please contact the school directly.



Option 2: MySchoolBucks

Sign up at www.MySchoolBucks.com

- Make a deposit using a debit card or credit card.
- Be notified of low balances by email, sign up for automatic deposits and view transaction histories.
- Make deposits to multiple schools for a single \$1.99 service fee from provider for each debit card or credit card session.

To set purchase limits please contact the school directly.

Point of Sale (POS) System

Nutrition Services uses a computerized POS payment system for the purchase of school meals.

- Students are assigned a personal identification number called a PIN.
- Once the PIN is assigned, your child can access his or her account.
- A cafeteria staff member or teacher will help your child with using the PIN.
- Meals or a la carte items purchased will be deducted from the account.

www.parkwayschools.net/page/3052
Point of Sale System

Free and Reduced Meal Program

The federal Free and Reduced Meal Program is for families needing financial assistance. Visit **Free and Reduced Program** on the Nutrition Services website.

- Information includes how to complete the application.
- All files are in PDF format; you will need Adobe Acrobat Reader to view these files.
- The form can be printed and signed, then email, fax or mail to the Nutrition Services Office. You may also apply online:

www.parkwayschools.net/page/1675
Free and Reduced & Apply Online Here

Parkway School District Nutrition Services

This brochure provides the following important information about Parkway Nutrition Services:

Revised 2018-2019

- Monthly Menus
- Meal Prices
- Nutritional Analysis of Menus
- Food Allergy Information
- Deposits
- Point of Sale (POS) System
- Free and Reduced Meal Program



For detailed information, please visit the Nutrition Services website.

www.parkwayschools.net/page/1199

Thank you,

Marlene Pfeiffer, R.D., L.D.
Director of Nutrition Services
Parkway School District

Nutrition Services Office
363 North Woods Mill Road
Chesterfield, MO 63017
314-415-8245

