

## 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](http://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](http://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 \$3.25

#### Student Reduced Price

Breakfast \$0.30 – Lunch \$0.40

#### Adult Price

Breakfast \$2.60 – Lunch \$3.50

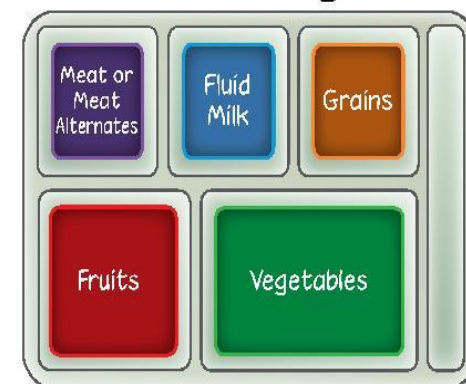
(An extra beverage for all meals \$0.75)

(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 list.

## Build a Healthy Lunch



[www.parkwayschools.net/page/3056](http://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/305](http://www.parkwayschools.net/page/305)  
*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 café directly.*



### Option 2: MySchoolBucks

**Sign up at [www.MySchoolBucks.com](http://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 \$2.49 service fee from provider for each debit card or credit card session or if you deposit more frequently, use the One Pay Plan and pay \$12.95/yr. for Student Plan or Family Plan \$26.95/yr. – see district website for more information.

## 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](http://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. **A NEW APPLICATION MUST BE TURNED IN EVERY SCHOOL YEAR.**

- Applications can be submitted online at [www.parkwayschools.net/page/1675](http://www.parkwayschools.net/page/1675) *Apply for Free/Reduced Meals Here* Information includes how to complete the application.
- All files are in PDF format; you will need Adobe Acrobat Reader to view these files.
- Forms can also be printed, completed and signed, then email, fax or mail to the Nutrition Services Office.

## Parkway School District Nutrition Services

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

*Revised 2019-2020*

- 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](http://www.parkwayschools.net/page/1199)

Thank you,

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