

**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*

**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.

[www.Parkwayschools.net/Page/3056](http://www.Parkwayschools.net/Page/3056)

**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 1% 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 1% 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)

**Deposits**

To make a deposit into your student’s account, there are two options:

**OPTION 1: Cash or Check to School**

Payments sent to the school with your student may be dropped into a deposit box in the school. Please make sure the envelope has student’s name and PIN number.

*We will no longer accept payment at the register.*

*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.

[www.Parkwayschools.net/Page/3045](http://www.Parkwayschools.net/Page/3045)

## Free/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.myschoolapps.com**  
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 Offices.

[www.Parkwayschools.net/Page/1675](http://www.Parkwayschools.net/Page/1675)

## District Charge Policy

Unless meals are provided at no charge, the district expects students and employees to pay for meals prior to or at time of receipt. The ability to charge is a privilege, not a right, and is subject to the limitations established in administrative procedures.

1. Students may not accumulate more than 3 unpaid charges for complete meals.
2. A student who has accumulated 3 unpaid charges for complete meals and is still unable to pay for meals will be provided a substitute meal that meets the district's nutrition guidelines.
3. Substitute meals provided to the student will not be charged to the student's meal account.
4. Students may not charge Ala Carte items.
5. A student with money in hand, will not be denied a complete meal even if the student has past due charges.
6. Students will not be singled out, shamed, or punished by the District for the failure of their parents/guardians to pay for or provided meals, and the district will not hold student records in violation of the law.

## Parkway School District Nutrition Services

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

*Revised 2020-21*

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



*For detailed information, please visit the Nutrition Services website.*

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

Thank you,

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

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Chesterfield, MO 63017  
314-415-8245



## 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 student 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)

## 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](http://www.parkwayschools.net/page/3057)

*The Allergy Guide*

**This institution is an equal  
opportunity provider.**