

## 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.

We encourage everyone to apply for the free and reduced program!

**A NEW APPLICATION MUST BE SUBMITTED EVERY SCHOOL YEAR.**

- Applications can be submitted online at: [www.myschoolapps.com](http://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.

Fax Number: 314-415-8244

## Point of Sale (POS) System

Nutrition Services uses 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.

Learn more about our POS System [here](#).

## CONTACT US

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Office: 314.415.8248

**Nutrition Services Office**

363 North Woods Mill Rd.  
Chesterfield, MO 63017  
314-415-8245

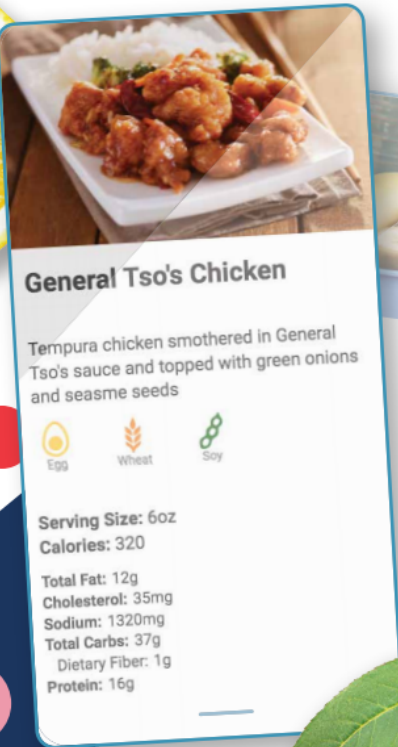


# NUTRITION SERVICES



- Download or open the Parkway app
- Select "Lunch Menus"
- Select your preferred school and favorite it.
- View daily and weekly available breakfast and lunch menus.

Scan Me



**General Tso's Chicken**

Tempura chicken smothered in General Tso's sauce and topped with green onions and sesame seeds



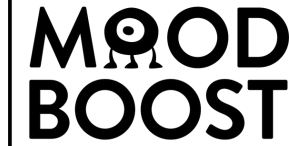
Serving Size: 6oz  
Calories: 320

Total Fat: 12g  
Cholesterol: 35mg  
Sodium: 1320mg  
Total Carbs: 37g  
Dietary Fiber: 1g  
Protein: 16g

# Cafeteria Programs



Each month, Discovery Kitchen lessons, events, and culinary demonstrations feature a different theme. These themes align with our promotions calendar and are designed to bring a fun and inspiring sense of food discovery to our students and school community.



Mood Boost transforms our school cafeterias into happier and healthier places by inspiring students to make food choices that help them be more confident, alert, smart, happy, strong, and calm by recognizing the connection between what they eat and how they feel.

# 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 the student's name and PIN number.

We no longer accept payment at the register.

### Option 2: MySchoolBucks

- 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 single \$2.75 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 Pay Plan or Family Plan \$26.95/yr - see district website for more information.

[Click Here to Sign Up!](#)

Learn more about deposits [here](#).

