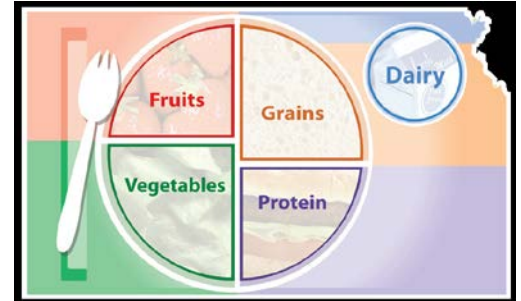


USD 383 Foodservice

2016-17 Meal Prices	Free	Reduced	Full Pay
Breakfast	No charge	\$0.30	\$1.60
Lunch	No charge	\$0.40	Elementary \$2.55 Secondary \$2.70



How can I pay for my child's meals?

Payment can be made credit/debit card online at www.mypaymentsplus.com or by cash and/or check at the school.

School Lunch Application

To apply for school lunch for your student/s just fill out the free/reduced meal application available at:

- 1) Your child's school
- 2) Online at:
<http://www.usd383.org/District/FoodService.aspx>
- 3) Or call the foodservice office at 785-587-2851

What is included in a meal?

At breakfast, schools must offer students at least four food items from the following food groups: grains (with optional protein allowed), fruits/vegetables and milk. Students must select at least three of the offered food items with one being at least ½ cup fruit.

At lunch, schools must offer students food from each of the five food groups in at least the minimum required amounts: protein, grains, fruits, vegetables and milk. Students must take items from at least three food groups in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable group.

We welcome parents visiting the lunchroom to see what is now offered to students.

My Child has a food allergy/intolerance

If a student has an allergy or intolerance to milk, must juice be substituted as requested by the recognized medical authority?

No. Substitute beverages must meet nutrient targets specified by USDA, juice does not meet those targets.

May a school provide a special diet at a parent's request without a letter from the recognized medical authority or physician?

No. Only special diets that are prescribed by a physician are allowed. A completed Medical Statement (Form 19-B) from the appropriate physician must be provided to the students school.

Studies show those who eat school breakfast have:

- Better nutrition
- Fewer sick days
- Fewer disruptive behaviors
- Better school performance

“School lunch participants consumed more nutrients - protein, vitamin A, vitamin B-12, riboflavin calcium, phosphorus, potassium, and zinc - at lunch than non-participants.”

(L. Harnack)