

## THERE IS SUCH A THING AS A FREE MEAL

(AND A REDUCED-PRICE ONE TOO!)

Many families may meet the income eligibility guidelines for *free or reduced-price* meals (both breakfast AND lunch!).

**FOR EXAMPLE:** A family of four may earn up to \$36,075/year to qualify for FREE meals (both breakfast AND lunch).

A family of four may earn up to \$51,338/year to qualify for REDUCED-PRICE meals – both breakfast (\$0.30) and lunch (\$0.40).

**NOTE:** Cafeteria check-out is the *same for all students*, assuring confidential meal status.

Applications may be completed  
online at:

[www.paschoolmeals.com](http://www.paschoolmeals.com)

According to national data, only 61% of families eligible for free or reduced-price meals take advantage of this opportunity!

Families may qualify and apply for FREE or REDUCED-PRICE meal benefits at **any time** throughout the school year.

However, the **deadline** for application submission *without interruption* of Free/Reduced-Price benefits is

**Thursday, October 13, 2022.**

## YOUR SCHOOL MENU IS DIGITAL!

The Nutrition Group utilizes Nutrislice: an interactive, online way to view your child's school menus. With Nutrislice, you can:



- View images and descriptions
- View nutrition information for each food
- Filter the menu for specific food allergies
- Rate foods and see carb counts
- Access the menus with the Nutrislice mobile app!

Visit: [pennsbury.nutrislice.com](http://pennsbury.nutrislice.com)  
to see menus!

Questions? Call Pennsbury  
Dining Services at:

**215-949-6740, x2**



*This institution is an equal opportunity provider.*

Welcome to  
*Dining Services at*

**PENNSBURY**  
SCHOOL DISTRICT

*What's New in*  
**SCHOOL MEALS**

School Year **2022-2023**



## HIGHLIGHTS OF THE SCHOOL MEAL

- Age-appropriate calorie limits and portion sizes
- Healthy snacks with no trans fats
- **Students must choose at least ½ cup fruit or ½ cup vegetable to count as a meal.**
  - *If a fruit or vegetable choice is not selected, students will be charged ala carte pricing, regardless of meal status (free, reduced, or paid).*

# PENNSBURY DINING SERVICES: SERVING HEALTHY MEALS

We all want our children to eat healthy, nutritious meals. The **benefits** of eating healthy meals **at school** are students who stay alert, are well-behaved, and are *ready to learn*.

## SCHOOL MEALS are COST-EFFECTIVE and NUTRITIOUS!

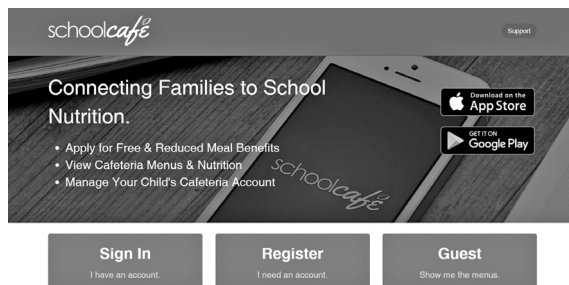
Families can save **time** and **money** while providing **more nutrition** for their children with school lunch.

- School food service staff do all the planning.
- The food service department buys in bulk for the best quality at the best price, which enables us to pass along the savings.
- Our friendly cafeteria employees are happy to assist your child in selecting nutritious meals.

## Manage your student's cafeteria account online. *Easy to Use!*

- Go to [www.schoolcafe.com](http://www.schoolcafe.com)
- Track your student's meal participation and purchases.
- Add money to his/her account online\*
- Set restrictions or limitations to accounts

\* Transaction fee for adding money to account online (\$2.95/transaction)



# CAN'T BEAT THE PRICE OF SCHOOL MEALS!

*For just dollars a day, students can choose well-balanced meals to fuel their bodies!*

## SCHOOL MEAL (examples)

### BREAKFAST

French Toast Sticks  
Sausage link  
Low-fat milk  
100% juice

### LUNCH

Toasted cheese sandwich on whole wheat bread  
Tomato soup (1 cup)  
Caesar side salad (1 cup)  
Grapes (1/2 cup)  
Fresh watermelon/cantaloupe chunks (1/2 cup)  
Fat-free milk (8 fl. oz)



## School meals are a nutritious bargain!

*Every day, students may choose among several different meal options. In addition to the examples above, students may also choose among hot entrées, cold entrées, and a variety of fresh fruits and vegetables.*

### MEAL PRICES 2022-2023

<b>Breakfast</b>	<b>ELEM</b>	<b>MS</b>	<b>HS</b>
Price	\$1.50	\$1.50	\$1.50
Reduced-price	\$0.30	\$0.30	\$0.30
<b>Lunch</b>	<b>ELEM</b>	<b>MS</b>	<b>HS</b>
Price	\$2.65	\$2.85	\$3.25
Reduced-price	\$0.40	\$0.40	\$0.40

# SCHOOL MEALS DELIVER GOOD NUTRITION

School meals meet the *updated* nutrition regulations set by the United States Department of Agriculture (USDA).

Specifically, lunch meals must meet weekly calorie ranges and contain less than 10% calories from saturated fat over the course of a one-week average.

## Every School Lunch includes FIVE Great Choices:

- **Milk** – Fat-free white, fat-free flavored, or low-fat white.
- **Vegetables** – A variety of vegetable sub-groups offered on a weekly basis. May include Romaine side salads, sweet potatoes, legumes, corn, and celery sticks. Students may choose up to 1 cup/day.
- **Fruit** – Everything from grapes to locally grown apples. Fresh fruit is available daily. Students may choose up to 1 cup/day for high school, and ½ cup/day for K-8 (limited to ½ cup 100% fruit juice/day).
- **Bread/Grains** – At least 51% of all grains served are now whole grain!
- **Meat/Meat Alternates** – May include lean beef, white meat chicken, beans, fat-free yogurt, eggs.

Students are encouraged to select foods from all food groups, but they must choose at least 3 of the 5 food groups to get the school lunch price.

## PLEASE REMIND YOUR STUDENTS:

To count as a meal, students **MUST** choose at least **½ cup fruit** or **½ cup vegetables!**