

School cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are well-balanced and provide students all the nutrition they need to succeed at school. Students are making a healthy lifestyle choice when they eat the school lunch. School meals offer students 1% or fat free milk, a large variety of fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat, sodium levels and portion size. Now is a great time to encourage your kids to choose school meals!

As we approach the 2016-2017 school year, the Food Service Department would like to inform parents of some changes in the Food Service Department for the upcoming school year. Please read the following information carefully, and if you have any questions that remain unanswered, please feel free to contact the Food Service Department.

Applying for Free/Reduced Meals: Parents may apply for free or reduced priced meals for their child(ren) anytime during the school year. There are four ways that parents can apply for free or reduced meal benefits:

1. Parents can fill out the paper application that was mailed to each household and submit to the Central Administration Office,
2. Parents can fill out an application and submit it online through Lunchapplication.com at www.lunchapplication.com (please visit the Food Service Department's page on the Solanco website for more instructions),
3. Parents can apply for free or reduced benefits by visiting the state's website at www.compass.state.pa.us,
4. Parents can print and fill out the paper application from the Food Service portion of the District's website and submit to the Central Administration Office.

If your child(ren) were automatically approved for free meals through the state, no application is needed. If your child(ren) has been approved for free or reduced meal benefits and you don't want you child(ren) to receive the benefits, you must submit in writing your request for the free or reduced meals to stop. Written requests may be mailed to the district office or you can email your request to: megan_minchhoff@solanco.k12.pa.us. Any student who received free or reduced meals last school year will remain in the program until a new 2016-2017 application is processed or through October 10, 2016. If you a new application is not received and processed by October 10, 2016, your student(s) will be removed from the free/reduced meal program and it will be your responsibility to pay for their meals.

Paying for Student Meals: All account balances as well as negative balances from the 2015-2016 school year will transfer to the new school year. It is imperative that negative balances from last school year be taken care of immediately. The school district encourages prepayment for meals and expects all meals to be paid for in advance. Payments for meals may now be made online with a valid credit card at www.lunchprepay.com. There is a nominal fee charged when you use your credit/debit card to put money on your child's account through lunch prepay. The www.lunchprepay.com website allows parents to make payments at any time of day, view their student's balance, and receive a report of student account activities. Parents can still submit payment through their child's school by using the coin envelope. If using the coin envelope to make payments, and have multiple children in different buildings, please use a separate envelope for each building. Payments can also be made at the Central Office. Please note that it usually takes one full business day (24 hours) for an online payment to appear in your child's account.

Cost of Meals:

Breakfast: \$1.40 for High and Middle School full pay students
\$1.25 for Elementary School full pay students
\$.25 for reduced pay students

Lunch: \$2.50 for High and Middle School full pay students
\$2.25 for Elementary School full pay students
\$.40 for all reduced pay students

Point of Sale System (Meals Plus): All students use a PIN (personal identification number). Returning students will still use the same PIN number as the previous year. If you do not know your child's PIN number, please call Megan at (717) 786-5610 to obtain the number. Students enter their PIN to access their account. The cashier will see the student's name and picture to assure the student is using the correct account. The price of the school breakfast/lunch is deducted from your child's account along with any extras. If you do not want your child to purchase extras please contact the cafeteria manager. We have the capability to write comments on your child's screen so our cashier can monitor your requests and the items your child purchases, but it is imperative that you talk this over with your child at home.

Breakfast Requirements: New breakfast requirements were set by USDA starting with the 2013-2014 school year. New requirements are as follows: ½ of grains served must be whole grain rich, offer weekly grain ranges, meet calorie ranges, and zero grams trans fat per portion. Every day for breakfast the following components will be offered for students: grain, meat/meat alternative, fruit and milk. Students are required to take a minimum of 3 items out of the 4 items offered. New for 2014-2015, in order to get the breakfast price, 1 of the 3 items must be a fruit. If your child does not take a complete meal, he or she will be charged a la carte prices for each item selected.

Lunch Requirements: Beginning school year 2012-2013 and continuing through school year 2016-2017, school lunches are meeting additional standards requiring: age-appropriate calorie limits, larger servings of vegetables and fruits (students **must** take at least one serving of either a fruit or vegetable), a wider variety of vegetables, including dark green and red/orange vegetables and legumes, fat-free or 1% milk, 50% whole grains, and reduced sodium levels. At lunch, the following required components are offered daily: grain, meat/meat alternative, fruit, vegetables and milk. Students are required to take a minimum of 3 items out of the 5 components offered. If your child does not take a complete meal, he or she will be charged a la carte prices for each item selected.

Menus: In order to save paper and "go green," all menus will be posted on the Food Service webpage every month.

Allergies: If your child has an allergy to a certain food or product, please email the Food Service department (megan_minchhoff@solanco.k12.pa.us) and we will make sure the POS system and the cafeteria managers are aware of the student's allergy.

Cafeteria Account Refund: If you wish to have your child's cafeteria account refunded for any reason, please visit the district's website, download, fill out and return to the district office the Cafeteria Refund Application.

Contact Information: For questions on the menu, pricing or the new food regulations, please call Food Service Director, Matt Kirchoff at 786-8401. For questions on applications, the use of pin numbers, or the new online payment system, please call or email, Megan Minchhoff, Assistant to the Food Service Director at 786-5610 or megan_minchhoff@solanco.k12.pa.us. Other additional materials are available on the Food Service Department's webpage.