



Welcome to Lakeville Area Public Schools Student Nutrition!

When children eat well, they are more focused learners and generally feel better. Our goal is to serve tasty, fresh, nutritious foods that also appeal to our students. We are committed to and are striving to provide meals that are minimally processed and use fresh ingredients.

About our menus:

- We offer a variety of menus each day designed to meet the needs and preferences at each school level.
- Entrees and sides are baked, steamed, or roasted.
- We offer fresh & local produce. Our salads are prepared with romaine, spinach, or mixed spring greens.
- Our breads, rolls, rice and pasta are whole grain rich.
- Students have a choice of 1%, skim and skim chocolate milk with their meals.

Student meal accounts:

- Meal accounts are created for each student upon enrollment in the district. A unique three or four digit PIN (Personal Identification Number) will be assigned to each student.
- If you are new to the district or forget your PIN, you can access your PIN by logging into your child's account in Campus.
- PINs will stay the same for a student as long as they are in the same school.
- All students should maintain a positive account balance.
- Negative meal balances are the responsibility of the parents and will carry over to the following school year.

Meal Payments:

- Payments into your child's account can be made via cash or check at your child's school or the District Office or online by credit card. Include student's name & PIN number with payment. If making a cash or check payment for multiple students, include amount to be deposited into each student account.
- For online credit card payments, Lakeville utilizes PayPAMS.
- You can also monitor your child's purchase history using PayPAMS. You do not have to make any payments to access this information, but you do need to set up an account.
- PayPams can send you low balance reminders.
- You can set up auto replenishment for your student's meal account through PayPAMS.

How do I sign up for PayPAMS?

Go to www.paypams.com and click on Register Now on the home page.

1. Select Minnesota, then select Lakeville.
2. Create a unique username and password, and then enter your contact information.
3. Add your students to your account.
4. Make payments or set up automatic payments based on low balance.
5. Set up low balance email reminders.
6. Contact PayPams customer support 1-877-726-7586 with questions you may have.

Free & Reduced Price Meal Benefits:

Meal benefits are available for students whose family income meets requirements. Students approved for meal benefits can receive one breakfast meal and one lunch meal daily. Extra items, such as ala carte items, an extra milk, or milk with lunch from home are not free and the student must have money in their account or cash to purchase these items.

If you think you may qualify or are interested in applying for Free or Reduced Price meal benefits, you can fill out an **Application for Educational Benefits**. Students who qualify for free or reduced meals may also qualify to receive discounted fees for other district expenses such as bussing or activities.

- Paper applications are available at your child's school, the District Office or online at <http://isd194.org/lunch-menus/>
- Applications are available in English or Spanish. Additional languages can be accommodated upon request.
- Applications may also be completed online at <http://www.schoolunchapp.com/>
- Once received at the District Office, applications will be processed within 10 days. Any charges incurred prior to approval of application are the responsibility of the family.
- Families must reapply for meal benefits at the beginning of each school year.
- Families who receive SNAP benefits may be directly certified to receive free benefits by the state. If you have been directly certified, we will send you a letter notifying you that we have received certification from the state for your benefits. If you do not receive this letter each year, you must reapply.
- Families that receive MFIP benefits will need to submit an application. These applications will need to submit the case number instead of income.

Meal Prices (2017-2018):

	<u>Free</u>	<u>Reduced Price</u>	<u>Full Pay</u>
Kindergarten Breakfast	Free	Free	Free
Elementary Breakfast (gr. 1-5)	Free	Free	\$1.30
Elementary Lunch	Free	Free	\$2.45
Middle School Breakfast	Free	Free	\$1.65
Middle School Lunch (includes Select)	Free	Free	\$2.55
Middle School Big Cat Lunch	Free	Free	\$3.40
High School Breakfast	Free	Free	\$1.65
High School Lunch	Free	Free	\$2.60
High School Big Cat Lunch	Free	Free	\$3.40
Adult Breakfast	N/A	N/A	\$2.15
Adult Lunch	N/A	N/A	\$3.80
Adult Big Cat Lunch	N/A	N/A	\$4.60
Milk (2nd or with lunch from home)	\$0.50	\$0.50	\$0.50

Breakfast:

- Breakfast is available in the cafeteria before the start of the school day at every school.
- Breakfast is **FREE** for all Kindergarteners in Minnesota.
- Breakfast includes a selection of entrées (cold or hot), fruit, juice, and white milk.

Lunch:

Lunches must meet one-third of the calories and RDA for key nutrients (protein, iron, calcium, vitamin A, vitamin C) based on age/grade group. They must also meet the Dietary Guidelines for Americans, including recommendations based on MyPlate. Each meal planned includes 5 components or food groups: lean protein, whole grains, fruit, vegetables, and low fat or fat free milk.

We offer a variety of meal options at each grade level:

o **Elementary:**

- o Hot Meal
- o Entrée Salad
- o Bag Lunch

o **Middle School:**

- o Hot meal
- o Alternate Hot Meal
- o Salad Bar (or Boxed Salad)
- o PBJ Bag Lunch
- o Select Grill Meal
- o Big Cat Meal

o **High School:**

- o Hot Meal
- o Alternate Hot Meal
- o Boxed Salad
- o PBJ Bag Lunch
- o Sub Line (M, T, Th, F),
- o Burrito Bar (Wednesday's only)
- o Big Cat Meal

- Menus along with nutritional information are available online <http://isd194.org/lunch-menus/>



Offer vs. Serve

Lunch: The "offer vs. serve" Federal regulation requires that students be offered (rather than served) all five food components comprising the full lunch meal. Students can choose three, four or five food components based on their preferences instead of having to take some of each food. Federal regulations require meals to be priced as a complete unit and students must pay the full price even if they did not choose the complete meal. Students are encouraged to take all of the food items offered because it provides a balanced meal for the best price.

- A student must select a ½ cup serving of a fruit or vegetable with their meal.
- In addition to a serving of a fruit or vegetable, a student must select two additional meal components. Many of the entrees are combination foods that count as two components usually a grain & protein (examples- pizza, breaded chicken, hamburger, or sandwich).

Breakfast:

- A student must select a ½ cup serving of a fruit or juice with their meal.
- In addition to a serving of a fruit or juice, a student must select two additional items (additional fruit, juice, milk, or entrée item). Some entrees may count as 2 items.

A la Carte:

- Alternate entrees and side dishes, *Smart Snacks* and beverages can be purchased in our a la carte area as a supplement to our school meals or as optional replacement for them. (Elementary snacks are limited to yogurt, cheese sticks, and water).
- The pricing for these items is not subsidized so the cost is higher than our school meals.
- A student must have money in their account or cash to purchase ala carte items.
- You can put a block on your child's a la carte spending by submitting a written request to the cook manager at your child's school. A la carte purchases can then only be made using cash.

Special Diets:

Safety comes first in everything we do.

- When food allergies exist, we encourage families to work together with their school nurse and cook managers to make sure that safety measures are in place.
- Peanuts are a common allergen. We are not a peanut free district but do have measures in place to protect your child. Please contact your school nurse and kitchen manager for any school specific information (ex: nut free table, etc.).
- When a medical condition exists in which a major life function is affected by diet, such as celiac disease, a special diet may be provided. Please initiate requests for special diets through your school nurse.
- Lactose free milk can be made available for students with lactose intolerance. Parents can submit written requests for lactose free milk to the school's cook manager. You can download a request form online at: <http://isd194.org/about/departments-services/business-services/student-nutrition/> . Requests must be renewed on an annual basis.

Join Our Team:

No nights, weekends, or holidays! Earn money while your children are in school. Parents and grandparents make up the majority of our staff. Please apply on line for part time and subbing opportunities: <http://www.applitrack.com/isd194/onlineapp/>

Please visit us on our web page for more information:

- <http://isd194.org/about/departments-services/business-services/student-nutrition/>
- Menus – Lunch & Breakfast
- Ala Carte Price list
- Nutritional information for menu items
- Allergy and special dietary needs information
- Lactose Intolerance form
- Employment opportunities for part time positions and subbing with us
- School kitchen contact information

District Office Student Nutrition Contact Info:

Lakeville Area Public Schools
Student Nutrition
8670 210th St W
Lakeville, MN 55044
952-232-2061



Nourishing the bodies, minds, and spirits of our future.

ISD 194 is an equal opportunity provider