

MONTGOMERY COUNTY PUBLIC SCHOOLS

2019-2020 CAFETERIA NEWS & ELEMENTARY SCHOOL MEALS INFORMATION

Food and Nutrition Services serves more than 18 million meals annually. We support healthy meal options for students and continually explore new ways to enhance the nutritional contribution and student acceptability of meals. For more information, visit us on the Web at <https://www.montgomeryschoolsmd.org/departments/food-and-nutrition/>

The cafeteria continues to offer the convenience and flexibility of a computerized cash register system. Depositing funds into a cafeteria account eliminates the need for a child to carry money every day. Students enter their Personalized Identification Number (PIN) to access their account. The PIN for students returning to the same school remains the same. New students receive their PIN on the first day of school. Any money left on a student's account last year is available for spending this year. Pre-payments to a student's account may be made prior to the start of school.

To make a prepayment:

- Use **MySchoolBucks.com**, an online service to make a prepayment using a credit card. Parents can also check meal account balances, sign up for recurring payments and much more. Go to **MySchoolBucks.com** to register.

- Complete the form below and include a check payable to the cafeteria. See check acceptance policy below.

To request a refund or a balance transfer for a student no longer enrolled in MCPS, email DFNSHelpDesk@mcpsmd.org.

CHECK ACCEPTANCE POLICY

Checks used to pay for school meals must contain: name, address, phone number and student PIN number. Returned checks are subject to recovery for the face value and Maryland State allowed fee of \$25 through an electronic debit or paper draft to the same account. Your payment by check constitutes your acceptance of these terms. If you have any questions concerning our check acceptance policy, please call CHECKredi at 1-800-239-1222.

ELEMENTARY SCHOOL MEAL PRICES

Lunch Meal	\$2.55
Reduced-price Lunch Meal	\$0.30
Breakfast Meal	\$1.30
Reduced-price Breakfast Meal	\$0.00
Milk	\$0.60

FREE AND REDUCED-PRICE MEAL APPLICATIONS

Families who meet certain federal income standards are eligible for free or reduced-price meal benefits. All children use a PIN number so confidentiality is maintained and no child is overtly identified as receiving free or reduced-price meals. Applications for meal benefits are sent home with all students in the information packet given out at the start of each school year. **For faster processing, households may apply online at MySchoolApps.com.** Only one application is needed for all students in a household. A new application must be completed for any family requesting assistance this school year. *If you apply online, please DO NOT submit a paper application.*

FOODS AND BEVERAGES AVAILABLE FOR PURCHASE IN ADDITION TO BREAKFAST AND LUNCH

A variety of a la carte items may be available in your student's school cafeteria. All items available for sale are in compliance with JPG-RA. *Wellness: Physical and Nutritional Health.* Specific items vary at each school.

For specific information regarding items available at your child's school or to restrict the purchase of a la carte items, please contact your school cafeteria manager.

PREPAYMENT FORM

Please make the check payable to the cafeteria and include the name of your school. Checks used to pay for school meals must contain an address and phone number. Please put your child's first name, last name and PIN number on the front of the check. This check is for cafeteria purchases ONLY. Please list each student separately and bring payment to the cafeteria manager. Thank You!

Student Name _____ PIN _____ Amount \$ _____

Student Name _____ PIN _____ Amount \$ _____

Student Name _____ PIN _____ Amount \$ _____

Parent's/Guardian's Name _____

MONTGOMERY COUNTY PUBLIC SCHOOLS

DIVISION OF FOOD & NUTRITION SERVICES

MY SCHOOL BUCKS

MySchoolBucks is an optional service for parents to view recent purchases and make prepayments to your child's cafeteria account for breakfast, lunch and a la carte meals via the Internet with a credit/debit card. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account.

EASY	Enrolling and funding is simple and completed online.
CONVENIENT	Once your account is established, you can check balances, view student purchases and fund your child's account from your computer.
SECURE	Your personal and payment card information is protected by the most advanced internet security.
ONE TIME	With the automatic payment option, money will always be in your child's account. When a low balance is reached, money is automatically deposited.
LOW BALANCE E-MAIL NOTIFICATION	Parents can receive an e-mail message when their child's account balance is low.
NEXT DAY AVAILABILITY	Prepayments will generally be available at the school the next day.

4 EASY STEPS TO ENROLL

1	2	3	4
Go to www.MySchoolBucks.com and click on "Sign up today!"	Create an account for yourself, and add your children. You will need the student's name (exactly as it appears on their report card), school, grade, birth date, and six digit student ID number (not their PIN).	(OPTIONAL) Provide credit or debit card information, if you would like to make prepayments to your child's cafeteria account.	Select a Meal Payment Option to make a prepayment, or select your child's name to view recent cafeteria purchases.

IMPORTANT

There is a \$1.95 convenience fee for each payment transaction. All fees are displayed at the time of payment. There is no cost to set up an account and check your child's spending history or receive low balance notifications. Neither the school nor the Division of Food & Nutrition Services receive any income from providing this service. Fees are associated with processing online credit/debit card payments. This service is optional – schools will continue to accept checks and cash for meals in the cafeteria.

Call the MySchoolBucks toll-free customer support center at 1-855-832-5226 for assistance with enrollment or questions about your account.

SEPTEMBER 2019 ELEMENTARY MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATIVES	NUTRITION INFO		
breakfast	daily	WG Beef Sausage Bagel~	235	Other daily entree choices may include beef cheeseburger slider, peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. Please check with your school cafeteria manager for your options. Please check the website for menu changes in the event of a change to the school schedule.	Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/ Please note that the calculated calories of some main choices may include a whole grain item that has a calorie range of 70-180 calories.		
paid	\$1.30	WG Pancakes^	220				
reduced	\$0.00	WG Oatmeal Bar & Yogurt^	220				
lunch	daily	WG Breakfast Sandwich	120-285				
paid	\$2.55	WG Cinnamon Roll^	232				
reduced	\$0.30	Assorted Fruit/Fruit Juice Fat Free or 1% Milk	55-90 80-120				
		SERVED DAILY					
		MONDAY		THURSDAY	FRIDAY		
Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork \Spicy vVegan WG = Whole Grain							
LUNCH							
NO SCHOOL	2	3 ^WG Chicken Patty Sandwich w/ Curly Potatoes OR ^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant	411 466	5 ~Taco w/ Corn & Edamame w/ WG Scoops OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola	346 440	6 ^Cheese or +Peppertoni Personal WG Pizza OR +Spicy WG Chicken Patty Sandwich	320-330 341
		Baby Carrots	30	Salsa	45	Tossed Salad w/ Ranch Dressing	92
		Salsa	45	~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun	567	Tossed Salad w/ Ranch Dressing	92
		Assorted Fruit	60-90	Roasted Chickpeas	160	Assorted Fruit	60-90
		Fat Free or 1% Milk	80-120	Celery Sticks	3	Fat Free or 1% Milk	80-120
		TUESDAY		WEDNESDAY		FRIDAY	
PARENT INFORMATION							
MySchoolBucks.com is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to MySchoolBucks.com to register.		RETURNED CHECKS ARE SUBJECT TO RECOVERY FOR THE FACE VALUE AND MARYLAND STATE ALLOWED FEE OF \$25.00 THROUGH AN ELECTRONIC DEBIT OR PAPER DRAFT TO THE SAME ACCOUNT. YOUR PAYMENT BY CHECK CONSTITUTES YOUR ACCEPTANCE OF THESE TERMS.		Did you know that, in addition to healthy meals, many schools offer a la carte options? All snack foods and beverages sold are in compliance with the MCPS Wellness Regulations (www.montgomeryschoolsmd.org/departments/policy/pdf/jpgra.pdf). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.			