



## School Breakfast and Lunch Frequently Asked Questions

### **Where can I find menus?**

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A menu is included in the enclosed packet of information. You can also access the menu through your child's school Web site, and click on <http://lorain.schoolwires.net/Page/2464> .

### **What does a full meal include??**

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Breakfast menus offer a variety of entree, fruit and milk selections daily and when offered a choice students must take at least ½ cup fruit and 2 other items to make a meal. Lunch menus include entrée choices ranging from hot feature items, grill favorites, hearty salads, and sandwiches that provide meat/meat alternates and grains plus milk, fruits and vegetable sides. Many schools offer vegetable and fruit bars with a rainbow of produce like greens, carrots, fresh broccoli, celery sticks and seasonal fresh fruits.

Of the 5 components offered, students MUST take at least 1/2 cup of fruit OR vegetable and a minimum of 2 other foods for a reimbursable meal when a choice is offered. **3 items=FREE!**

Lunch prices for the 2019-2020 school year are: **FREE!**

- Elementary (grades Pre K–6) = **No Charge, FREE!**
- Middle school (grades 7–8) = **No Charge, FREE!**
- High school (grades 9–12) = **No Charge, FREE!**
- A full SECOND Meal may be purchased for \$3.00

Additional items may be purchased during the lunch serving line: Entrée: \$2.00, Bread/Roll: \$.30, Potato Side 1 cup (HS only): \$1.25, Potato Side ½ cup (Elem. & MS) \$.75, Vegetable side: \$.60, Fruit side: \$.60, 4 oz. Juice: \$.60, Milk; \$.50.

### **Is all the food served by ARAMARK peanut free?**

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We understand and are sensitive to allergies that students have today. Unfortunately, we are not a peanut-free environment, but we take great precaution with students who have allergies. If your child has specific allergies, please contact your school nurse or our office at 440-830-4038.

### **Is breakfast available for my child?**

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**Yes! Breakfast is available to ALL students at no charge, FREE!**

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### **Can I put money on account for my student online?**

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Money can be added to your child's account at any time by sending in an envelope with cash or check made out to "Lorain City Schools Food Service Program." Your child should give this envelope to the lunch cashier before school. This can be used for an additional lunch, lunch items, or ala carte cart items sold each day.

Remember, the envelope should be clearly marked "**Lunch Program**" with the child's name, amount, teacher's room, and parent contact information in the event of any questions. If the payment is for more than one student, indicate how the money should be split (for example, Johnny = \$10.00 and Sally=\$15.00). Payment can be made in any amount to best suit a family's budget.

Payment can also be made online at [www.mypaymentsplus.com](http://www.mypaymentsplus.com) . More information is available on our Web site at <http://lorain.schoolwires.net/site/Default.aspx?PageID=106> .

### **How can I find out what my balance is in my child's account and his or her purchase history?**

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The easiest way is to create an account with [www.mypaymentsplus.com](http://www.mypaymentsplus.com). Your child's purchase history is available one day after the account has been created This site will even enable you set "low balance reminders" that will generate an email to you when your child's account falls below your preset amount.

### **If I pack my students lunch from home, can they get a milk for free?**

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**No**, but they can get a milk and two other items for free IF one is a fruit or vegetable. Choose from: Bread, Protein, Vegetable, Fruit, or Milk. **3 items=FREE!**

### **My family qualified for free/reduced-priced meals last year. Do I need to do anything for this school year?**

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No, all first meals, breakfast and lunch, are offered at no charge, **FREE!**

### **Is there a website for the Food Service Department?**

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Yes. You can visit <http://lorain.schoolwires.net/site/Default.aspx?PageID=106> . Find *menus, meal prices, wellness program information, nutritional facts, and more.*

### **Who can I contact for questions about the Food Service Program or to request a tour of my District's food service operation?**

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Please contact Frank Horvatich/Food Service Director at 440-830-4038. Someone will be back in touch with you within 24 hours.