

School Meals meet Federal Nutrition Standards, and give you the fuel that you need to stay healthy and active!

Breakfast Meal Options

Every breakfast is planned to include three food components: 1. Fruit 2. Grains (with optional meat/meat alternates allowed) 3. Milk.

The food components for each breakfast will be posted at the beginning of each serving line. Students are encouraged to take all the foods offered; however, they must take at least three items, one of which must be 1/2 cup of fruit. Whether you take three items or more, the meal is the same price.

The choice is up to you; just be sure to choose at least 1/2 cup of fruit* plus two other items. Check the menu daily so you will know which items in the school breakfast you want to eat.

Lunch Meal Options

Every lunch is planned to include all five food groups: 1. Fruit 2. Vegetable 3. Protein 4. Grains 5. Milk

The food groups for each meal will be posted at the beginning of each serving line. Students are encouraged to take all the foods offered; however, they may decline up to two (2) food groups. Whether you take 3, 4, or 5 of the food groups, the meal is the same price. One of those food groups must be fruits, vegetables or a combination of both.

STEP 1: Choose ½ cup of fruits, vegetables or a combination of both.

STEP 2: Choose 2 or more of the following:

- Full Serving of Fruit – K-8 (1/2 cup) and 9-12 (1 cup)
- Full Serving of Vegetables – K-8 (3/4 cup) and 9-12 (1 cup)
- Grains
- Protein
- Milk

Meal Prices 2022-2023

	Full Price	Reduced Price	Adult Price
Breakfast	\$1.90	\$0.30	\$2.55
Lunch	\$3.00	\$0.40	\$4.65

Main Dish Only	\$2.10	\$2.10	\$2.15
Milk Only	\$0.85	\$0.85	\$0.85

A la Carte

Items purchased in addition to lunch/breakfast meal are considered a la carte purchases. No a la carte charges will be allowed if the student account reaches a zero balance.

All students are considered to have permission to make a la carte purchases unless a parent/guardian completes the A la Carte Form (which can be found on the school district website), = blocking or limiting purchases, and returns it to the school cafeteria cashier.

Low Meal Account Balance Reminders

It is recommended that parents set up low meal account balance reminders through [MySchoolBucks.com](https://myschoolbucks.com). This free service allows parents to look at student purchase histories and set up email notifications for low meal account balances. **This service is available to all parents even if they do not want to use the online payment option.** In order to sign up for this free service, you will need your child's 8 digit student ID#.

Your child may be given a verbal notice by the cashier when he/she has a low balance. Automated phone calls will also be made to parents.

Calls will be made via the District's automated calling software.

The Nutrition & Wellness Department uses an online meal accounting system. The meal accounting system is a debit system, which means that you deposit money into an account and as the student eats, the meal charge is deducted from the account balance. It is expected that all account balances will be kept positive. The Nutrition & Wellness Department cannot extend credit to families for purchase of meals or a la carte items. If you are unable to pay for your students' meals, we encourage you to complete an [application for free/reduced price meals](#).

Students will be able to enter their student ID number via pin pad or use their student ID card to purchase meals and/or a la carte from the cafeteria.

We are not responsible for any cash sent to school with children. If at all possible, please pay by check with reference to your student ID number and school. You may also make credit card payments online via www.myschoolbucks.com. Your first payment for meals needs to be made prior to the first day that meals are served so that there is money in your student's account. Please do NOT combine a lunch money payment with other school type payments (i.e. enrollment fees/fines/cash/etc.). Meal payment envelopes are available in the cafeteria and most school offices.

Free and Reduced Lunches

The federal government allowed schools to offer free meals to all students during the first two years of the pandemic. Congress did not extend this benefit to the 2022- 2023 school year. Families must apply here to receive free or reduced-price meals and school fee waivers. The district encourages all families to apply! District Nutrition and Wellness staff are happy to assist families with completing the application at the Educational Support Center, 110 McDonald Drive, or by phone at 785-832-5000.

End of Year Balances

At the end of the school year, refunds will not be made on student accounts unless the student is leaving the district. The balance in the meal account will be forwarded to the next school year even if the student is attending a different school in USD 497. If a student is graduating, any remaining balance will be transferred to a younger sibling(s). If no younger siblings attend USD 497, households may request a reimbursement form from the cashier for a refund check from the district.

Students without funds to purchase meals

Proper nutrition is essential for adequate learning to occur. Our department's policy regarding students without funds in their meal accounts aims to ensure that all students are treated with dignity and respect in the serving line. A regular reimbursable meal will be served to all students regardless of account balance. No breakfast or lunch will be taken away from a student, regardless of ability to pay. No alternative meal will be given to students with a low or negative balance.

Meal Support Fund

The School Nutrition Meal Support Fund is a fund designated for students experiencing financial hardship. Money donated to the Meal Support Fund may only be used for negative balance accounts. The School Nutrition Meal Support Fund committee will designate how to distribute the donations, noting "MSF Transfer" in the account remarks. Donors will receive a charitable contribution acknowledgement for their generous donation.

Returned Check Information

Lunch payment checks that are returned due to insufficient funds are sent directly to RECHECK, Inc. in Wichita, Kansas. You will receive correspondence from RECHECK and be responsible for payment of the face value of the check and the associated \$30.00 fee. RECHECK can also represent the check to your bank for payment of the face amount and fee a number of times. The check amount will be deducted from your students' account and not credited back until we receive notification from RECHECK that the debt has been satisfied. This may be a lengthy process. You may call RECHECK at 1-888-794-7325 to pay by credit card to hasten the resolution.

Menu Modifications for Disabilities

Federal law requires all School Food Authorities to make substitutions for meals for children with a disability that restricts the child's diet on a case-by-case basis and only when supported by a written statement from a state licensed healthcare professional. The USD 497 Nutrition & Wellness team is prepared to assist families and students by providing reasonable meal modifications prescribed by an authorized medical authority to accommodate a child's disability. Please see the link below to download the request for meal modifications form. If you have questions or need assistance, please contact our office: fs.office.staff@usd497.org or 785-832-5000.

Otherwise, please return the completed meal modification request form to the Nutrition & Wellness office at 110 McDonald Drive, Lawrence, KS 66044. After receiving your completed form, we will contact you to discuss how to implement a special diet for your student.

[Meal modification request form](#)

Menu Modifications for Non-Disability Medical Reasons

If your student has a food allergy or intolerance that does not meet the disability criteria, our department may be able to make menu modifications. However, these will be decided on a case-by case basis with input from the building kitchen manager and nurse. Please contact our office: fs.office.staff@usd497.org or 785-832-5000 with questions regarding this process.

Menu Modifications for Non-Medical Reasons

We plan our menus with great care to incorporate choices that will satisfy students' needs. If your student's diet is not being met with our current menu offerings, please feel free to contact us to discuss additional options. At our discretion, we will partner with you in an attempt to come up with an acceptable solution that honors your student's diet preferences for ethical or religious circumstances.

Questions?

You may call the Nutrition & Wellness Office, 832-5000, for assistance during the hours of 7:30 a.m. – 4:30p.m. After 4:30 p.m. you may leave a voice message, and your call will be returned the next business day.