

## Is my child eligible for free or reduced lunch prices?

Please keep in mind that a new application is required EVERY school year. An application can be filled out at any time during the school year if there is a change to your income. If approved, students can receive breakfast, lunch, and snack each day.

Visit our website

[www.sjdrcc.org](http://www.sjdrcc.org) for the income eligibility guidelines and application.

Please return applications quickly. Parents will be responsible for the cost of meals until the application is processed.

### 2015-2016 Meal Prices

Breakfast:  
\$1.75 (\$.30 reduced)

Lunch:  
\$2.75 (\$.40 reduced)

After School Snack:  
\$1.25 (\$.15 reduced)

## Nutrition Components

The Child Nutrition Program prepares and serves well-balanced, nutritious meals.

The meals provide needed nutrients which promotes a healthy weight. Each meal is carefully analyzed to ensure that they meet the USDA nutrition guidelines. The Child Nutrition Program strives to offer a variety of fresh fruits and vegetables, whole grains, skim and 1% low fat milk,

## St. Joseph School

E 271 Main Street  
Dallastown, PA  
17313

St. Joseph School



Information  
&  
Services

"What's for lunch?"

Tel: 717-244-9386

## What does a school meal consist of?

### Breakfast

The following must be offered every day:

1 serving of juice or fruit and 1 serving of milk AND 2 servings of bread/grains OR 1 serving of bread and 1 serving of Meat (i.e. Yogurt, cheese stick).

\*\*Students must select 3 out of the 4 food items to be considered a full breakfast.

Students would not be able to have both a piece of fruit and a juice.

### Lunch

The following will be offered every day:

1 serving of meat/meat alternative, 1 serving of milk, 1 serving of bread/grain, 2 servings of vegetables/fruits.

\*\*Students must select 3 out of the 5 choices to be considered a full lunch. One of the servings must be a fruit or vegetable.

\*\*Fast Food and Soda are not permitted during the school day or after-school care.

## My School Bucks

The benefits of using [www.myschoolbucks.com](http://www.myschoolbucks.com) . Fund your child's lunch account securely with a credit card. View account balances and student purchase history. Sign up to receive email notices when account balances are low.

Set-up hassle free automatic payments or make one time payments with your Visa or MasterCard.

Accessible 24 hours a day, 7 days a week.

To set up your account, go to [www.myschoolbucks.com](http://www.myschoolbucks.com). Be sure to choose St. Joseph School Dallastown as your school district.

For questions regarding the Myschoolbucks website call the office at 717-244-9386.

## ALLERGIES AND FOOD SENSITIVITIES

Students with food sensitivities are permitted food substitutions only when supported by a statement from a recognized medical authority that includes recommended alternate foods. A recognized medical authority may be a doctor, a nurse, or a physician's assistant. Because most allergies continue, it is not necessary for a new statement to be secured each year.

The Food Service Department can supply you with a form to have signed by your medical authority. Please contact the office to obtain the form.

## THREE WAYS TO PURCHASE MEALS:

1. Online using [www.myschoolbucks.com](http://www.myschoolbucks.com)
2. Check - Make checks payable to St. Joseph School and put child name and lunch in memo box.
3. Cash - Cash may be brought to the food service manager's office for deposit on student's account, or students may pay cash on a daily basis.

Parents are encouraged to prepay for their child(ren)'s meals so lunch money is always available.

Visit [www.sidrcc.org](http://www.sidrcc.org) for information about our negative lunch balance policy.