

Breakfast Prices

\$1.10 Paid

\$.30 Reduced

Lunch Prices

\$2.10 Elem Paid

\$2.20 Secondary Paid

\$2.45 Dominos Paid

\$.40 Reduced



NEW LUNCH

PRICES!!!.

Ala carte prices have changed for 2013-2014.

How to make a reimbursable "complete lunch" with our offer vs serve program.

Every day each student is *offered* 5 choices with their lunch. We do not *serve* (or force) them all food selections. Those five consist of

Meat/Meat Alternate

8 oz milk

½ cup fruit

¾ cup vegetable

1 bread/grain

To make a complete meal the student must take three of the five items listed plus one of the three **MUST** be a 1/2 cup of fruit or 1/2 cup of vegetable. They may take any combination of the five they choose and up to all five for a complete lunch. If they do not take three that student will then be charge ala carte for those items.

Minimum daily Vegetables total ¾ cup daily including meeting specific subgroups: dark green vegetables 1/2 cup per week; red/orange vegetables ¾ cup per week; legumes (beans) 1/2 cup per week; starchy vegetables 1/2 cup per week; other offerings 1/2 cup per week.

We here at East Penn have menued the items as such and will encourage the students to try the new items.

Please check the East Penn website for NEW information weekly and/or monthly regarding the lunch program. [www.eastpennsd.org](http://www.eastpennsd.org) under community/lunch menu.

Updated on the webpage: All Allergy and Nutritional facts for the menus and meal choices.

NEW: Free and Reduced Meal applications are available online.

YOU MUST REAPPLY FOR FREE/REDUCED BEFORE OCTOBER 8, 2013.

If you do not reapply you will be removed from the program on October 9, 2013. Applications are available at your school offices, online, or by contacting the Free & Reduced food service department Tara Tolson 610-966-8309. Remember to complete the application correctly (all income, names living at the household, one adult social security number and matching signature for that social security). Please return ONE form per household to the food service office.

[www.schoolmealapps.com](http://www.schoolmealapps.com)

Make Checks payable to EPSD Café Fund and please specify the full students name in the memo portion of the check. Also if you'd like us to split one check between students and schools we can do that ; just write each full student name and amount to that account on the memo portion of the check and turn the money into ANY school office or cafeteria.

ONLINE SYSTEM: Available FREE online: Lunch account monitoring. This free site allows you to set up an account with your students ID number and name which links to our food service lunch system. You can view any and all of the purchases. Also available on this website is the option to make credit card prepayments for a small transaction fee.

Check out the website.

[www.parentonline.net](http://www.parentonline.net)