

# 2009 September



## PRICES

Milk .....\$0.50

### BREAKFAST

Elementary School.....\$1.25

Middle/High School.....\$1.50

Reduced.....No Charge

Adult.....\$2.25

### LUNCH

Elementary School.....\$2.25

Middle/High School.....\$2.50

Reduced.....No Charge

Adult.....\$4.00

Nutrition Services programs are available to all without regard to race, color, national origin, sex, age, or disability.



Nutrition Services has openings for on-call substitutes in area school kitchens. Call 206-252-0675

Seattle Public Schools recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

The Nutrition Services Department is committed to providing healthy and wholesome meals for your children.

## JUMP START THE DAY WITH BREAKFAST.

A selection of hot and cold breakfast entrees are offered each day in all Seattle Public Schools. A variety of cold cereals are additionally available daily, each with less than 10 grams of sugar per serving. Breakfast includes 100% whole wheat toast and only 100% fruit juices are served. **Breakfast = Brain Fuel**

## ARE SCHOOL MEALS NUTRITIOUS?

Elementary menus are developed each month by a Registered Dietitian who follows federal and state guidelines in selecting menu choices. Our lunch meets or exceeds the nutrient guidelines described below when averaged over a week for students enrolled in K-5 programs:

- Calories: 645
- Protein: 9 grams
- Calcium: 267 mg
- Iron: 3.3 mg
- Vitamin A: 1055 IU
- Vitamin C: 15 mg
- Fiber: 6.4 grams
- Cholesterol: 100 mg
- Sodium: 1.5 mg/calorie
- Total Fat: 30% or less of total calories
- Saturated Fat: 10% or less of total calories

A detailed nutrient analysis of the elementary lunch menu is posted each month on the Nutrition Services **ON THE WEB:** [www.seattleschools.org/area/nutrition-svc/nutritionals/nutritional\\_info\\_index.html](http://www.seattleschools.org/area/nutrition-svc/nutritionals/nutritional_info_index.html)

## SCHOOL MEALS PROVIDE FRESH, HEALTHY FOOD....

- Organic Yogurt, along with other vegetarian choices, available daily
- Yogurt is locally sourced; lactose (NEW), gluten, gelatin and high fructose corn syrup free
- Only rBST hormone-free non-fat and 1%white & non-fat chocolate milk served
- Non-fat chocolate milk formulated without high fructose corn syrup
- Fresh fruits and vegetables served daily
- Freshly-cut garden salad served daily
- Transitioning to the use of trans-fat free margarine
- Shortening eliminated in all baking
- Condiments such as Buttermilk Ranch dressing, Barbecue Sauce, Teriyaki Sauce, Sweet & Sour Sauce and Coleslaw dressing are produced in-house using lower fat and lower sodium ingredients.
- Deep fat fryers decommissioned in all schools 6+ years ago



Seattle School District is pleased to offer PayPams as a meal payment service for students and families. Parents/guardians now have the convenience of paying using the internet or by phone using either a credit card/debit card anytime day or night. A service fee of \$1.95 per payment is charged to the parent/guardian account at the time of the transaction. Visa, Mastercard, and Discover cards can be used for payment.

Pre-pay for school meals 24-7. Learn more about this service by visiting [www.PayPams.com](http://www.PayPams.com)

## JUST LIKE IN RESTAURANTS, STUDENTS MUST PAY FOR THEIR FOOD WHEN THEY EAT

- Or...have a prepaid account
  - Or...be eligible for free or reduced-price meals.
- Cash or checks made payable to Nutrition Services are accepted in the lunchroom. Families may prepay for meals via the internet or phone 24/7 using PayPams (learn more at [www.PayPams.com](http://www.PayPams.com))

## IMPORTANT NOTE TO PARENTS OF RETURNING STUDENTS

If a student was eligible last school year for free or reduced priced meals that eligibility will continue for only 30 school days. Families must complete a new meal application during this time period. Any change in free or reduced-price meal benefits becomes effective as soon as the 2009-10 application is processed. Students who have not submitted a new meal application will be required to pay full price for meals after October 21, 2009.

## POLICY FOR LOW ACCOUNT BALANCES

Your child will be given a written and/or verbal reminder. You will receive a reminder phone call to send money before child's next meal.