



School Breakfast and Lunch Frequently Asked Questions

Where can I find menus?

You can also access the menu through your child's school Web site, www.winthrop.k12.ma.us and click on **FOOD SERVICE** to find the menu.

What does a full meal include??

Breakfast menus offer a variety of entrees, 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, fruit and vegetable sides. Many schools offer vegetable and fruit bars with a rainbow of produce like greens, carrots, fresh broccoli, zucchini 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.

School year 2022 -2023 All meals are served at no cost to students

Is breakfast available for my child?

- Breakfast is available at all schools in the cafeteria
- All meals served at no cost to students

Is all the food served by Aramark peanut free?

We understand and are sensitive to allergies that students have today. The Cafeteria does not serve peanut butter or peanut products. Food options are available that are made without peanuts based on student needs and school requests. **Please understand though that unless the school prohibits students and staff from bringing in foods containing peanuts or other nuts the school environment will not be nut-free. If your child has specific allergy, please contact your school nurse.**

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

The easiest way is to create an account with www.myschoolbucks.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. This account can still be used for the purchase of snacks and water at the high/middle school only. You can also use this service even if you don't put money on your students account.

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

All meals served this school year are at no cost to students. The applications should still be filled out and returned to your school office. This application is for other benefits for your student.

Is there a website for the Food Service Department?

Yes. You can visit www.winthrop.k12.ma.us Click on **Food Service** to find *menus, meal prices, wellness program information, nutritional facts, and more.*

Who can I contact for questions about the Food Service Program.

Please contact Ms. Jenna Janson @Plant-jenna@aramark.com or Laura McGrath at **617-846-5505 x7210**, the food service office will be back in touch with you within 24 hours.