



## School Breakfast and Lunch Frequently Asked Questions

### **Where can I find menus?**

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

### **What does a full meal include??**

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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, fruits 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.

Lunch prices for the 2019-2020 school year are:

- Elementary (grades K–6) = \$3.00
- Middle school (grades 7–8) = \$3.25
- High school (grades 9–12) = \$3.25
- Reduced Lunch (all grades) = \$.40

### **Is breakfast available for my child?**

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- Breakfast is available at all schools: Breakfast prices are:
- **Full Pay= \$1.75**
- **Reduced =\$.30**

### **Is all the food served by Aramark peanut free?**

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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.**

### **Can I pay for my child's lunch online?**

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Yes, through the school website: [www.winthrop.k12.ma.us](http://www.winthrop.k12.ma.us) then click on food service, on the left of the page click on [myschoolbucks.com](http://myschoolbucks.com). To set up an account you will need your child's student ID number. Contact the food service office **617-846-5505x7210** or your child's school office. You can also sign up for [myschoolbucks.com](http://myschoolbucks.com) to monitor your child's account.

You can pay daily or send in a check made out to the **Town of Winthrop.** Please clearly mark your child's name on the check.

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

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The easiest way is to create an account with [www.myschoolbucks.com](http://www.myschoolbucks.com). Your child's purchase history is available one day after the account has been created. This site will even enable you to set "low balance reminders" that will generate an email to you when your child's account falls below your preset amount.

### **What happens if my child forgets his or her lunch?**

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If your child happens to forget their lunch from home, the student can charge the meal to their account. After the first lunch is charged, any student with a balance on their account will be given a nutritionally adequate meal which is served with milk, fruit, and vegetable and **a charge of \$1.00 will be charged to their account.** We do not refuse to feed students who ask us for lunch. Please take responsibility if your child is eating lunch at the cafeteria and does not have money on their account.

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

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Yes, every year a new application needs to be completed. Students can keep their status from last year for the first **30 calendar days** of the school year (**September 30, 2019**). To avoid disruption in your child's status, a new application should be received in the school business office as soon as possible. (An application is also enclosed in this packet.)

### **Is there a website for the Food Service Department?**

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Yes. You can visit [www.winthrop.k12.ma.us](http://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 or to request a tour of my District's food service operation?**

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Please contact Ms. Pamela Whelan at [Whelan-pamela@aramark.com](mailto:Whelan-pamela@aramark.com) or **617-846-5505 x7210**, the food service office will be back in touch with you within 24 hours.