



POWER UP

FRESH, LOCAL, DELICIOUS



Spokane Public Schools
excellence for everyone

Free, Nutritious Meals for ALL Students

ALL enrolled students can receive a **FREE BREAKFAST AND LUNCH** each school day for the 2022-23 school year. We are proud to serve high quality foods including 100% beef hamburgers, Longhorn 100% beef hot dogs, delicious chicken fillets and fresh produce options that students will enjoy. Check out our menu at spokaneschools.org/meals

A Hungry Child Cannot Learn

Help your student do better in school by making sure he or she eats a healthy breakfast and lunch. Our commitment is to provide fresh, local, and delicious meals that help your child(ren) become a life-long learner.

**OUR
GUARANTEE**
If you are not satisfied
with your meal we
will make it right.



Help School Funding Get Added Benefits:

Although Washington state has made it possible to continue serving free lunch and breakfast to all of our district students through a program called Community Eligibility Provision (CEP), this changes the information we need from families to continue supporting school funding.

What do you have to do?

We need a Family Income Survey (FIS) from all of our families.

This is similar to a free and reduced lunch application. The form can be filled out online at spokaneschools.org/CEP. Students who qualify can get added benefits like Pandemic EBT, reduced medical fees, waived sports and academic testing fees, reduced fees in our community including reduced veterinary fees and internet fees.

When do we have to do it?

We need this information at the start of the school year. You will have the opportunity to fill out the Family Income Survey at your schools open house and beginning of the year teacher conferences. Please have it completed by September 26th.

Thank you for your help to maintain school program funding.

Need your meal status letter for other benefits? Print a copy of your status letter from the meal application page at spokaneschools.org/CEP

Web Resources: spokaneschools.org/meals

- Menu & Nutrition Information
- Kitchen Use
- Classroom Snack Guidelines
- Wellness Procedure
- Allergy & Special Diets
- Online Meal Payments

Food Substitutions (and Allergies)

Food substitutions can be made if there is a medical reason for the request:

- For non-life threatening issues, use the Digestive Disorder form.
- For life-threatening allergy food substitution requests, use the Allergy Plan order form.

Visit spokaneschools.org/health to find these forms and more information.

Remember, with life-threatening allergies, the safest option is to provide food from home.

Contact your school nurse for more information.



Making Deposits:

To help keep students and staff safe and provide efficient meal service, no cash will be accepted in meal serving lines. Deposit money at your school office or go to Online Meal Payments at spokaneschools.org.

Online Deposits and Student Accounts:

- **Deposit money for the Ala Carte items into your student's meal account quickly and easily at myschoolbucks.com.**
- **View your child's meal account history and get low balance reminders even if you do not make a deposit online.**

Deposit at Your School Office:

- **Parents may choose...**
- **Checks**
- **Meal Charges**

Checks: Please make checks out to your child's school with the **child's full name on the memo line**. The entire amount of the check will be deposited in the child's account; we are unable to give change. If checks are returned twice due to non-sufficient funds, future purchases will be on a cash basis only.

Meal Charges: Students can get ONE free breakfast and lunch each school day. Second meals, entrees, and ala carte items can be purchased if the student has cash in their student account. No charges are allowed for the purchase of second meals, entrees, and ala carte items.

If a student's meal account has an existing negative balance, that balance can be paid at your school office or at myschoolbucks.com.

Healthy School Meals

School meals are packed with good nutrition and smiles. Start with wholegrains and lowfat milk, lean prote, the add a variety of fresh fruits and vegetables and you have a foundation for building a healthy body that will last for a lifetime. Take advantage of the free breakfast and lunch that is offered each school day, and save time and money.



Meal Prices

(subject to change each September)



Breakfast and lunch are free for all K-12 students for the whole 2022-23 school year!

Adult

Lunch with milk \$ 5.00
Breakfast with milk..... \$ 2.75
Milk.....\$ 1.00

Low-fat milk is included with all student meals. Extra milk may be purchased for \$ 1.00. We offer skim, 1% white milk, non-fat chocolate milk, soy, and lactose free milk.

Super - Extra entrée for only \$2.00 with the purchase of a full meal.

Please call us if you have questions.
Nutrition Services office, 509-354-7270

This institution is an equal opportunity provider.

