



POWER UP

FRESH, LOCAL, DELICIOUS



Spokane Public Schools
excellence for everyone

Safe and Delicious Meals for Your Child

Spokane Public Schools is committed to providing safe and nutritious meals for enrolled students regardless of the learning environment or location. Our skilled Nutrition Services staff have designed multi-day meal kits that can be picked up at most of our schools and neighborhood delivery options are being considered. We are proud to serve high quality foods including 100% beef hamburgers, Longhorn 100% beef hot dogs, a delicious whole-muscle chicken and fresh produce options that students will enjoy. Check out our menu information online at www.spokaneschools.org/nutritionservices

A Hungry Child Cannot Learn

A hungry student has difficulty learning. Help your child 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. If you need help making ends meet apply for the free & reduced meal program.



Free & Reduced-Price Meals Help Families Stay Healthy and Save Money

The USDA meal program provides free and reduced-priced meals to families who qualify. You can apply anytime during the school year, and if you qualify, your benefits last until just after the start of the following school year. You can save up to \$1008 per student per year if your child(ren) qualifies for the free meal program. Remember that if your employment or income changes for even a short period of time, you can apply for the free and reduced-price meal program.

The online meal application is the fastest way to apply. Simply go to www.spokaneschools.org/nutritionservices.

2021-2022 Free and Reduced Meal Applications will not be available until end of August 2021.

Need your meal status letter for other benefits? Print a copy of your status letter from the meal application page.

**OUR
GUARANTEE**

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

Web Resources: www.spokaneschools.org/nutritionservices

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



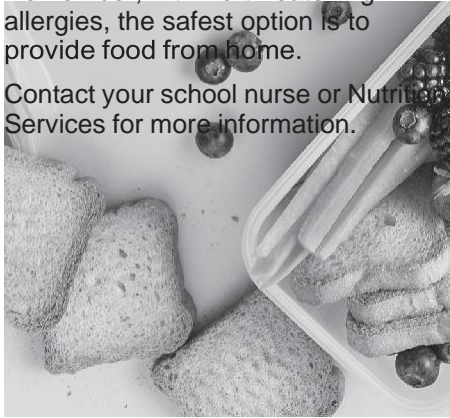
Food Substitutions (and Allergies)

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

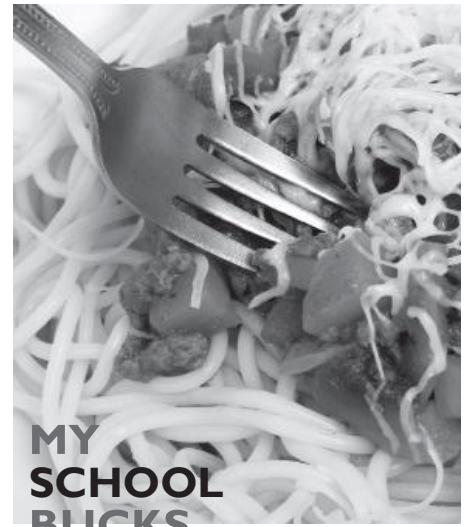
- For non-life threatening issues, use the Digestive Disorder form.
- For life-threatening allergy food substitution requests, use the Allergy Plan order form.

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

Contact your school nurse or Nutrition Services for more information.



Turn off the electronics, sit around the table, tell a family story and make a memory. Kids who eat meals with their parents do better in school and life.



Online Deposits

You can deposit money into your student's meal account quickly and easily at myschoolbucks.com.

You can also **view your child's meal account** information and get low balance reminders even if you do not make a deposit online.

Buying a Meal

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](http://OnlineMealPayments.spokaneschools.org) at spokaneschools.org.

- **Deposit money at your school's office, preferably before school in the morning or at www.spokaneschools.org.**
- **Parents may choose to place restrictions on how their child's meal account is spent; e.g., no extra beverages, no breakfast, etc.**

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 meals will be on a cash basis only.

Meal Charges: Our goal is to have every student enjoy the meal of their choice, with the understanding that parents/guardians are responsible for providing funds for meal purchases. Students with a low meal account balance will be notified and offered a low balance reminder. In the event a meal account balance decreases to zero, or becomes negative, the student may continue to receive school meals. Student meal accounts will be charged for all meals served and parents/guardians remain responsible for all outstanding and unpaid meal charges. Parents/guardians will be notified of the amount due within 10 days of the unpaid balance by the school/district via phone, email or letter. Parents are encouraged to sign up for MySchoolBucks.com balance alerts to receive regular notices of meal account balances. Parents/guardians may also complete the School Meal Application for consideration of program eligibility.

Please call us or any of our kitchens if you have questions.
Douglas R. Wordell, R.D., Director, Nutrition Services, 509-354-7270

This institution is an equal opportunity provider and employer.

Meal Prices 2020-2021

(subject to change each September)

Elementary

Paid Lunch.....	\$ 2.95
Reduced Lunch (K-3rd)	\$ Free
Reduced Lunch (4th-6th).....	\$.40
Paid Breakfast	\$ 1.75
Reduced Breakfast	\$ Free
Milk.....	\$.75

Middle and High Schools

Paid Lunch.....	\$ 3.60
Reduced Lunch.....	\$.40
Paid Breakfast	\$ 2.00
Reduced Breakfast	\$ Free
Milk.....	\$.75

Adult

Lunch With Milk.....	\$ 4.35
Breakfast With Milk	\$ 2.50
Milk.....	\$.75

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

Super - Extra entrée for only \$1.75 with the purchase of a full meal.