



School Breakfast and Lunch Frequently Asked Questions

Where can I find menus?

You can 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 entree, fruit and milk selections daily and when offered a choice students must take at least $\frac{1}{2}$ 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 $\frac{1}{2}$ cup of fruit OR vegetable and a minimum of 2 other foods for a reimbursable meal when a choice is offered.

OR

Lunch prices for the 2017-2018 school year are:

- Elementary (grades K–5) = \$2.75
- Middle school (grades 6–8) = \$3.00
- High school (grades 9–12) = \$3.00
- Reduced Lunch (all grades) = \$.40

Is all the food served by ARAMARK peanut free?

Yes, the food is served and prepared in a peanut-free environment. If your child has specific allergies, please contact your school nurse.

Is breakfast available for my child?

Breakfast is available at all schools daily. Breakfast Prices are:

Full Pay: \$1.50

Reduced: \$.30

Can I pay for my child's lunch online?

Yes, through the school website: winthrop.k12.ma.us then click on food services on the left of the page, then click myschoolbucks.com. To set up an account you will need your child's student ID number. Money can be added to your child's account at any time by sending in an envelope with a check made out to "Winthrop Schools Food Service Program."

Remember, the envelope should be clearly mark "Winthrop School Lunch Program" with the child's name, amount, classroom number, and parent contact information in the event of any questions. If the payment is for more than one student, indicate how the money should be split (for example, Johnny = \$10.00 and Sally=\$15.00). Payment can be made in any amount to best suit a family's budget.

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 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?

If your son or daughter happens to forget their lunch from home, the student can charge the lunch to their account. After the first lunch is charged, any student with a balance on their account will be given a cheese sandwich, with a charge of \$1.00 to the 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?

Yes, every year a new application needs to be completed. Students are grandfathered in from last year for the first 30 calendar days of the school year (September 30, 2017). To avoid disruption in your child's status, a new application should be received in the food service office as soon as possible. (An application is also enclosed in this packet.)

Is there a website for the Food Service Department?

Yes. You can visit 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?

Please contact Mr. Ian Kay at kay-ian@aramark.com or **617-846-5505 x7210**. Someone will be back in touch with you within 24 hours.