



## Student Nutrition Department

Dear Parents,

It is our mutual goal to teach and encourage our children to develop nutritious eating habits and to make healthy choices. Learning to make healthy choices will ultimately help children develop behaviors that will serve them throughout their lives.

The Student Nutrition Department provides these healthy options in our breakfast and lunch meals each day. Remind your children that they may select a meal that includes the following:

### **BEAKFAST MEAL:**

A student **must** select two items, one from group A and one from group B. Milk is optional. The meal's cost is \$.90.

#### **Example:**

Group A is a breakfast entrée, such as biscuit and gravy, breakfast pizza, waffles, etc. Group B is fresh fruit, canned fruit, and fruit juice.

**Anything else will be charged as a la carte.**

### **LUNCH MEAL:**

There are at least three entrée choices on the menu daily. By offering choices, we encourage students to try a variety of foods. To be considered a **meal**, a student **must** select one entrée, one to three sides, (juice is considered a side) and milk is optional. (either skim milk, 1 % white milk, or fat free chocolate milk)

#### **Example:**

One entrée, one to three sides, with milk optional.

One entrée, two sides, with milk optional.

One entrée, one side, and milk.

The meal's cost is \$1.90 at Elementary and Intermediate, \$2.00 at Jr. High, and \$2.25 at High School.

**Anything else selected will be charged as a la carte.**

**Side dishes include anything that is not an entrée or milk.**

**Example: fruit, vegetables, bread, dessert, fresh fruit, and juice.**

**Each meal is analyzed for the recommended daily allowance.**

**Each meal served is regulated by the state.**

**Snacks are charged separately.**

1. If you choose to allow your child a snack, you have the option to send cash or add extra money to your child's account.
2. We encourage all snacks to be purchased at the time of meal purchase to alleviate longer lines.

**Take advantage of the online credit card pre-payment option. You can access this on the Wylie ISD web site; click on lunch payment online tab.**

Prepay meals by putting any amount of money in your child's account. Students may then use the money to purchase any food in the cafeteria. Every student **must** enter his/her ID number whether paying cash or using an account.

Please be sure your student knows his/her

- ID number
- Teacher's Name (Elementary)

If you prefer that your student only purchase full meals, please let the manager know and she will mark the account to that effect. Pre-payments in the morning before school or credit card payments help us move the students through the lines much faster; this allows them more time to eat their meal. Students are always notified when their account is getting low. Payment reminders are sent home two times a week; e-mails are sent out weekly. Please pay negative accounts in a timely manner to prevent an alternative meal to be given.

The alternative meal is a cheese sandwich, one to three sides and choice of milk for Elementary and Intermediate Schools.

The alternative meal is a cheese sandwich and milk for Junior High and High Schools.

**Charging is not allowed**

Please call or e-mail your school manager with any questions or concerns. (e-mail addresses and phone numbers listed at the Student Nutrition Department website.)

Thank you