

# Avonworth Middle/High School Cafeteria Information Sheet



**MENUS & ADDITIONAL INFO ARE AVAILABLE ON THE DISTRICT WEBSITE [www.avonworth.k12.pa.us](http://www.avonworth.k12.pa.us)**  
(District > Nutrition Services)

## Applications For Free or Reduced Priced Meals

Applications are available for the Free and Reduced Breakfast and Lunch Program on the District Website. They should be completed and returned to: Melissa Schad, 258 Josephs Lane, Pittsburgh, PA 15237

Parents, please remember that you must complete a new application every year. Even if your child was eligible for free or reduced priced meals last year, you must complete a new application (unless you receive a "direct certification notification" letter). If your child received free or reduced meals for the 2017-18 school year, this benefit will continue for the first thirty days (until October 9th) of the 2018-19 school year. If you do not complete a new application by October 9, 2018, your child will be charged full price for meals and you will be responsible for these charges

Reminder: Free & reduced applications are available for submission during the entire school year to account for any changes to your economic status.

**EXTRAS:** A variety of snacks and beverages are available for sale. All snacks and beverages offered meet the SMART SNACKS in schools standards. For additional information regarding these standards, visit [www.healthiergeneration.org](http://www.healthiergeneration.org)

Beverages (except milk), snacks and second lunches are not included in the free & reduced lunch benefit. If you receive free/reduced priced meals, you must select a complete meal for this benefit.

**RESTRICTIONS:** Parents may add a restriction to their child's cafeteria account by contacting the Food Service Director.

Melissa Schad, Food Service Director  
[mschad@avonworth.k12.pa.us](mailto:mschad@avonworth.k12.pa.us)  
412-366-6360 x1612

## What is included in a School Breakfast?

1. Whole Grain Bread Item (1 or 2 from this group)
2. Meat/Meat Alternative (optional)
3. Fruit, Vegetable and/or 100% Juice (\*unlimited)
4. 1% or Fat Free Milk

**2018-2019  
BREAKFAST PRICES**  
REGULAR- \$1.50  
REDUCED—\$.30

\*There is a (1) selection limit for fruit/vegetable juice and potato products

**Make sure to pick 3 or 4 of the items, one of which MUST be a fruit for a complete meal! If you take less than 3 items or do not take a fruit or vegetable, you will be charged a different, ala carte price, as required by National School Lunch regulations.**

## CAFETERIA PAYMENT PROCEDURES

Enrolled students will automatically have a cafeteria account. This account can be accessed using the student's last name, student ID# or school issued cafeteria ID card.

Parents may fund their student's cafeteria account by using the **My School Bucks** on-line payment system (a small fee is charged for this service) or by sending payment with their student.

Prepayments are accepted any day and for any amount. Checks are the preferred method of payment and will act as your receipt. Please include student name and/or ID number on the check made payable to the **Avonworth Cafeteria Fund**.

Students may purchase breakfast, lunch and extras using the money in their cafeteria account. Students with a zero or negative balance in their cafeteria account will not be denied a meal but will not be permitted to purchase "extras".

An automated phone call will be sent out twice weekly to notify parents if their child's cafeteria account need to be funded.

Please be aware that balances are carried over each year and from one school to another.

For more info see, "**Avonworth School Meal Payment/Charge Procedures**" on the District Website Nutrition Services Page.

## Allergies/Special Diets

The School Nurse will convey student allergy information to the cafeteria. This information is added to the student's cafeteria account.

Per recent Pennsylvania Department of Education regulations, bottled water is not permitted as a substitute for milk in the National School Breakfast & Lunch Programs. Students may request a cup to obtain water from the water fountain and/or select fruit or vegetable juice (when available) as part of their meal.

Please contact the Food Service Director at 412-366-6360 x1612 or by email [mschad@avonworth.k12.pa.us](mailto:mschad@avonworth.k12.pa.us) for specific special diet information

## What is included in a School Lunch?

1. Meat/Meat Alternative
2. Milk
3. Vegetable (unlimited selections\*)
4. Fruit (unlimited selections\*)
5. Bread/Bread Alternative

\*There is a (1) selection limit for fruit/vegetable juice and potato products

**2018-2019  
LUNCH PRICES**  
REGULAR- \$2.70  
TIER/PREMIUM- \$3.35  
REDUCED—\$.40

**Make sure to pick 3, 4, or ALL 5 of the components with each meal, one of which must be a fruit or vegetable! If you take less than 3 items or do not take a fruit or vegetable, you will be charged a different, ala carte price, as required by National School Lunch regulations.**