

Avonworth Middle/High School Cafeteria Information Sheet



MENUS & ADDITIONAL INFO ARE AVAILABLE ON THE DISTRICT WEBSITE www.avonworth.k12.pa.us
(Departments> Nutrition Services)

Applications For Free or Reduced Priced Meals

Free and Reduced Applications are available in the school offices, on the district website or at www.compass.state.pa.us. They should be completed and returned to the school office or mailed to: Melissa Schad, 258 Josephs Lane, Pittsburgh, PA 15237

Attention Parents! The federal funding that Avonworth received over the past two years to provide free meals to all students has ended. Families are required to pay for their students' meals for the 2022-23 School Year.

Applications were not processed in the 2021-22 School Year so there is no 30-day carry-over for the 2022-23 School Year. Families must submit an application prior to the first day of school (If you did not receive a Letter of Direct Certification stating that you are automatically eligible) or 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: Components of the school meal (**not purchased with the required components to qualify as a meal**), snacks and beverages are sold according to the **Smart Snacks in Schools Guidelines**. See the Nutrition Services page of district website for additional information.

Beverages (except for milk) or second lunches are not included in the free & reduced lunch programs. 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
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 and/or 100% Juice (up to 1 Cup)*
 4. 1% or Fat Free Milk
- *There is a 1/2 cup limit on fruit juice

**2022-2023
BREAKFAST PRICES**
REGULAR- \$1.70
REDUCED—\$.30

Make sure to pick 3 or 4 of the items, one of which MUST be at least 1/2C fruit or juice 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 Breakfast Program regulations.

CAFETERIA PAYMENT PROCEDURES

Enrolled students will automatically have a cafeteria account. This account can be accessed using the student's last name or student ID#. APC/AES students will be issued an ID card on a lanyard to be used for meal purchases. Cafeteria staff will access the barcode on their ID card using a handheld scanner. AMS/AHS students will enter their student ID# on a pin pad to allow cafeteria staff access their account. Parents may fund their student's cafeteria account by using the **My School Bucks** on-line payment system (**a 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". 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 for specific special diet information

This institution is an equal opportunity provider

What is included in a School Lunch?

1. Meat/Meat Alternative
 2. Milk
 3. Vegetable*
 4. Fruit *
 5. Bread/Bread Alternative
- *There is a 1/2 cup limit for fruit/vegetable juice

**2022-2023
LUNCH PRICES**
REGULAR- \$2.90
TIER/PREMIUM- \$3.55
REDUCED—\$.40

Make sure to pick 3, 4, or ALL 5 of the components with each meal, one of which must be at least 1/2 cup of 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 Program regulations.