

2018-19 Elementary Café Policies & News

Lunch Prices

This year our lunch prices will remain at \$3.25. Our breakfast prices will remain at \$2.00. If you qualify, reduced meals are \$0.40 for lunch and \$0.30 for breakfast. It is important to note that a la carte purchases of soy milk will increase to \$1.50 this year.

Breakfast

Breakfast will be served from 8:00 until 8:30. Breakfast will be \$2.00 for full paying and \$0.30 if approved for reduced meals. Students approved for free lunches will also be approved for free breakfast.

Free and Reduced Applications

We will be continuing the free and reduced lunch program for any families that may need it. We have applications in the office and you will also be able to complete applications online. Go to <http://capecharterschools.org> and then click on District Information on the lower left corner. Click on the myschoolapps.com under the School Lunch item on the menu. It is important to note that it may take up to 10 days to process your free and reduced lunch application. Please be assured that we do not identify your student's status. They go through the same line and use the same i.d. badge as everyone else.

You must pay the full price until your application has been approved. Last year's status will carry over for the first 30 days. You **MUST** reapply for this school year. **After September 20, 2018, your child will go back to full paying status without an approved application on file.**

You may apply at any time during the school year and if your income status changes you can also reapply at any time.

Lunch accounts and charges

Our policy is that a student may only charge two lunches and then they will receive a sandwich and milk. In addition, a la carte items will NOT be allowed to be charged at any time. The student must have cash or money on their account to purchase an extra item like a slice of pizza. Any money sent to the café will be put on the student's account and can be used any time throughout the year. We do NOT provide change to elementary students. Please be assured that any student approved for free meals will not be denied a MEAL even if they have a negative balance on their account.

*****Online payments***

In order to help parents know what their child's lunch account balance is and monitor what they are eating, we are strongly encouraging families to take advantage of our online payments option. **Myschoolbucks.com** is an online payment portal especially designed to allow parents to make quick and easy online payments to their children's school accounts. You will be able to pay with a credit card, check your child's account balance, see what your child is eating, and receive account balance alerts and much more. Go to <http://capecharterschools.org> and then click on District Information on the lower left corner. Click on the myschoolbucks.com under the School Lunch item on the menu. **You will need either your child's birthdate or student i.d. number.**

Meal Requirements

Each lunch will consist of 8 ounces of milk, 1 ounce minimum of meat and grain, $\frac{3}{4}$ cups of vegetables and $\frac{1}{2}$ cup of fruit. 100% of the grains must be whole grain rich. Vegetables have been broken down into 5 subgroups that must be represented each week. There is a minimum and maximum calorie range for each lunch that is 600-650 calories. The maximum sodium range for each lunch is 1230.

We will be serving a whole cup of fruit to breakfast. Each breakfast will consist of 8 ounces of milk, 1 ounce of meat and whole grain rich, and 1 cup of fruit. The breakfast calorie range is 350-500. The maximum sodium range for each breakfast is 540.

This information will be at all open houses, posted on our website and distributed through our student information system to ensure all families are aware of our policies.

This institution is an equal opportunity provider.