

FOOD AND NUTRITION SERVICE

10910 CLARKSVILLE PIKE • ELICOTT CITY, MD 21042 • PHONE: 410-313-6738 • FAX: 410-313-6737

School Meals

The Howard County Public School System participates in the National School Lunch Program, which was created by the U.S. government to protect the health and well-being of the nation's children.

Daily food choices offered to students include multiple entrees, fresh salad bars, trays of fruits and vegetables, whole grain breads and rolls, and flavored and unflavored fat-free or 1% milk.

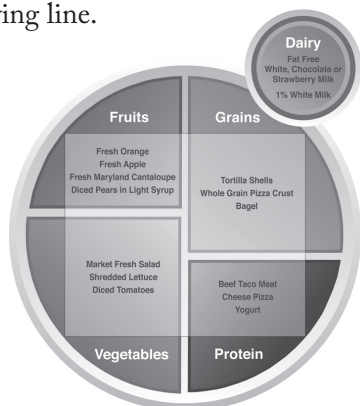
The Offer vs. Serve program gives students more food choices and helps control waste in the school lunch and breakfast programs.

Lunch consists of five meal components: meat/meat alternate, bread/grains, fruit, vegetable and milk.

Students must select one serving from at least 3 of the 5 components. However, one of the selections must be a fruit or vegetable.

For breakfast, students must also choose 3 servings of the 5 components.

To help students make decisions about meal choices, a USDA *MyPlate* Poster is displayed at the entrance of each serving line.



The poster provides a daily list of healthy food choices that are available in each food category.

Point of Sale System

The HCPSS Food and Nutrition Service Office has implemented a new Point of Sale System this school year. The system is a full-featured, highly flexible solution that makes it easy to manage student purchases and payments. With it, parents will have the option of funding an online account from which students can draw funds to obtain breakfast, lunch and/or a la carte purchases.

Every student who is enrolled in the school system will receive a unique PIN number that is to be used when making purchases in the cafeteria. PIN numbers may be obtained from the cafeteria manager or cashier.

Payment Options

Parents who would like to pre-pay and deposit funds on their student's account may send a cash payment in to the school cafeteria, or process credit card payments online at schoolpaymentsolutions.com



This online payment portal is designed to allow parents to make quick and easy online payments to their student's school accounts, check a student's account balance, view cafeteria account activity and receive account balance alerts.

The following information is needed to register for an account at schoolpaymentsolutions.com

- Student's school district
- Student's school
- Student's student ID, birth date, address
- A valid email address for your account



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Meal Prices

Student Breakfast

\$2.00 - Breakfast

\$0.30 - Reduced Price Breakfast

Adult Breakfast

\$2.75 - Breakfast

Student Lunch

\$2.75 - Elementary School Classic Lunch

\$3.25 - Middle/High School Classic Lunch

\$4.00 - High School Signature Lunch

\$0.40 - Reduced Price Lunch

Adult Lunch

\$4.50 - Classic Lunch

\$4.75 - Signature Lunch

School Menus

The monthly school menus are featured on the website schoolmenu.com. This website also includes coupons and helpful information regarding food and nutrition, fitness, health, and more.



Nutrient Information

Nutrient and/or allergen information for all HCPSS school lunch menu items are available at the schoolmenu.com website.

Generally, the information is stable for the school year, but updates are made if new products are introduced, recipes are modified, or manufacturer's information changes.

Free and Reduced Price Meal Programs

The HCPSS participates in the National School Lunch and Breakfast Programs. Students from households that meet federal income guidelines are eligible to receive free or reduced price meals. Those eligible for reduced price meals pay 30 cents for breakfast and 40 cents for lunch.

The chart below outlines the federal income eligibility guidelines.

Income Eligibility Guidelines (Effective: July 1, 2013 - June 30, 2014)			
Household Size	Year	Month	Week
1	\$21,257	\$1,772	\$409
2	\$28,694	\$2,392	\$552
3	\$36,131	\$3,011	\$695
4	\$43,568	\$3,631	\$838
5	\$51,005	\$4,251	\$981
6	\$58,442	\$4,871	\$1,124
7	\$65,879	\$5,490	\$1,267
8	\$73,316	\$6,110	\$1,410
For each additional family member add ...	+ \$7,437	+ \$620	+ \$144

Applying for Free and Reduced Price Meals

To apply for free or reduced-price meals families should complete an online application, OR complete, sign and return a paper application, which is available at your student's school.

To apply online, please go to the website www.applyforlunch.com.

Once the online application has been submitted and reviewed, eligibility notifications will be sent to the email address provided in the application.

To apply using a paper application, please request an application from any HCPSS school office or call the HCPSS Food and Nutrition Service Office at 410-313-6738.

Once completed, please mail the application to the Food and Nutrition Service Office or return the application to your child's school for processing.

Once the application is received at the Food and Nutrition Office, it will be privately scanned to ensure confidentiality.

If you are eligible for the program, you will be notified through the U.S. mail.

