

# 2021 -2022 SPS Nutrition Services Information Sheet

## Meal Prices for Elementary Students

Reduced Price Breakfast	.30¢
Reduced Price Lunch	.40¢
Full Price Breakfast	\$1.50
Full Price Lunch	\$2.85

## Meal Prices for Secondary Students

Reduced Price Breakfast	.30¢
Reduced Price Lunch	.40¢
Full Price Breakfast	\$1.50
Full Price Lunch	\$3.10

## Adult Meals

Breakfast	\$2.35
Lunch	\$3.95

### The 5 Meal Components for School Lunch



## What is a Meal?

← The 5 Components for school meals

Ala Carte 8 oz. milk carton .55¢

**For Offer vs. Serve Breakfast-OVS (non BIC)** – We must offer 4 food items from above, student must take at least 3 items: one item must be a fruit or vegetable plus 2 other items to make it a meal.

**Breakfast in the Classroom-OVS (BIC)** – We must offer 4 items and student must take 3 of the items, one must be a fruit or vegetable plus 2 other items to make it a meal.

**Lunch-** Student must choose at least 3 components; one MUST be a fruit and/or a vegetable and 2 other components at a minimum. Student can choose up to 5 components for best nutrition. Meal can be as minimal as a chicken sandwich and an apple (meat/meat alternative, grain & fruit - 3 components), or as much as a deli sub, an apple, a portion of green beans, a portion of salad and milk. (1-Meat/meat alternative, 1-grain, 1 fruit, 2 vegetable and 1-milk =5 components/6 items max).

**Ala Carte Items** – In addition to our meal options above we do offer our students ala carte items, prices for all items are posted. All ala carte choices meet the Smart Snack Nutritional Guidelines. If you do not wish for your child to have the option to purchase ala carte items you must call the Nutrition Services office to have your child's account placed on a "Meals Only" option. They will not be able to purchase ala carte or extra items including single milk. **Any student with a negative meal account will not be able to purchase ala carte snacks until the balance is paid off.**

**Monthly Menus** for breakfast and lunch are located at [www.sps.org](http://www.sps.org) under Parents / Nutrition / Menus & Nutrition Information

**\*All students eligible for free or reduced lunch are also eligible for free or reduced breakfast. Ensure your child starts their day off right with a healthy breakfast!**

## Payment Options

Full reimbursable meals are free for students during the 2021-2022 school year through the USDA & DESE.

**Cash or Check** – If paying by check please ensure the check has your phone number along with your students name and ID number in the memo section.

**Meal Pay Plus** – An on-line pre-payment option that accepts MasterCard and VISA credit/debit cards; or you may pay by electronic debit from your Checking or Savings account. Please follow the step by step instructions at this link <https://www.mypaymentsplus.com> to set up an account. You must have your student's ID number to complete account setup.

**You can check your students balance by setting up an account with Meal Pay Plus. This is a free service to view your student's account or place low balance alerts on your account to notify you when your balance is low.** To place money on your students account there is a 4.75% program fee per on-line payment transaction. Money applied to a student's account is **usually** available within 24 hours, please plan accordingly. If you need further assistance please contact Joyce Lancaster at [jlancaster@spsmail.org](mailto:jlancaster@spsmail.org) or 523-1101.

**Free & Reduced Meal Information** – Direct Certification Notification letters AND/OR Free/Reduced meal applications will be mailed to every household at the beginning of the school year. Notification letters will be mailed to all households that apply for the free/reduced program. You may also fill out an application on line at <https://horizon.sps.k12.mo.us>, available approximately two weeks prior to the start of school. **A new application must be filled out EVERY school year if you have not received a direct certification letter.** If you need further assistance with the application process please contact our Free and Reduced Clerk, Diane Chambers at 417-523-1130.

## Nutrition Services Department Contacts \* Main Office – 523-1100

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**USDA Nondiscrimination Statement** For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (566) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.