

2023 - 2024 SPS Student Nutrition Information Sheet

Meal Prices for Elementary Students

Reduced Price Breakfast	.30¢
Reduced Price Lunch	.40¢
Full Price Breakfast	\$1.70
Full Price Lunch	\$3.05

Meal Prices for Secondary Students

Reduced Price Breakfast	.30¢
Reduced Price Lunch	.40¢
Full Price Breakfast	\$1.70
Full Price Lunch	\$3.30

Adult Meals

Breakfast	\$2.50
Lunch	\$4.50

Ala Carte 8 oz. milk carton .65¢



What is a Meal?

← The 5 Components for school meals

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 and nutritional information for breakfast and lunch are located at www.sps.org/food or at <https://sps.nutrislice.com> **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

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 3.99 % 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 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. This is a much faster option for enrolled students. **A new application must be filled out EVERY school year if you have not received a direct certification letter.** Students will be considered full price until meal benefit applications have been processed and approved for benefits. If you need further assistance with the application process please contact our Free and Reduced Clerk, Diane Chambers at 417-523-1130.

Student Nutrition Department Contacts * Main Office – 523-1100

Kim Keller	Director of Student Nutrition	kkeller@spsmail.org	523-1110
Joyce Lancaster	Unit Controller	jlancaster@spsmail.org	523-1101
Gayle Byrd	Operations Manager	gbyrd@spsmail.org	523-1116
Roxanne Sharp	Operations Manager	roxannesharp@spsmail.org	523-1112
Ceira Fields	Operations Manager	ccfields@spsmail.org	523-1114
Tim Williams	Operations Manager	tlwilliams@spsmail.org	523-1103
Christi Mackey	Registered Dietitian	cmackey@spsmail.org	523-1113
Diane Chambers	Free & Reduced Clerk	edchambers@spsmail.org	523-1130

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, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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 responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or 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 discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](http://www.usda.gov/program-discrimination-complaint) 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 (866) 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.

USDA is an equal opportunity provider, employer, and lender.

7/5/2023 KK