

2022 -2023 SPS Student Nutrition Information Sheet

Meal Prices for Elementary Students

Reduced Price Breakfast	.30¢
Reduced Price Lunch	.40¢
Full Price Breakfast	\$1.60
Full Price Lunch	\$2.95

Meal Prices for Secondary Students

Reduced Price Breakfast	.30¢
Reduced Price Lunch	.40¢
Full Price Breakfast	\$1.60
Full Price Lunch	\$3.20

Adult Meals

Breakfast	\$2.45
Lunch	\$4.05

Ala Carte 8 oz. milk carton .65c



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 under Parents / Nutrition / Menus & Nutrition Information, 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 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 or 523-1101.

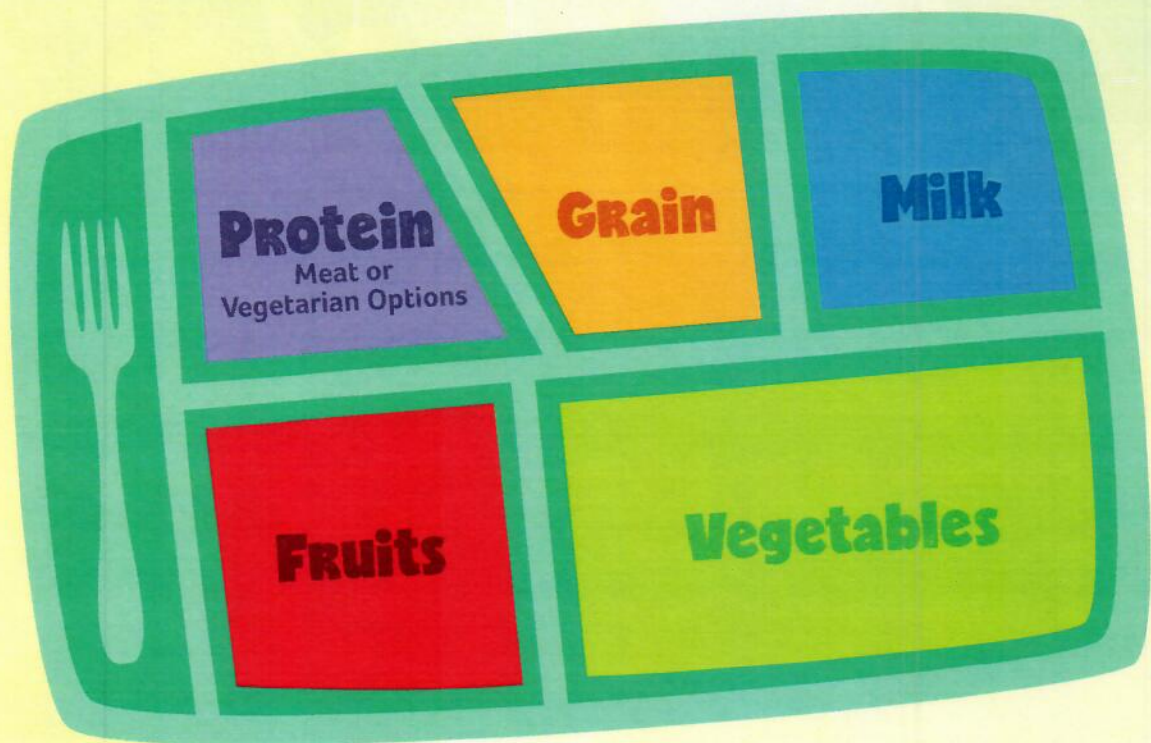
Free & Reduced Meal Information – Direct Certification Notification letters AND/OR Free/Reduced meal applications will be mailed to every household at the beginning of the school year. Notification letters will be mailed to all households that apply for the free/reduced program. You may also fill out 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.** 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

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Build Your Own Lunch



IT'S EASY!

CHOOSE AT LEAST

1 **FRUIT** or **VEGETABLE** **+** **2** **OTHER FOODS**

TO MAKE A MEAL

*Extra servings of the same food or 6 or more foods will result in an additional charge.

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REIMBURSABLE MEAL

K8 Lunch

STUDENTS
must select a
minimum of
3 MEAL
COMPONENTS
at least one of which
must be a **FRUIT**
or **VEGETABLE**

Extra full servings
from any food group
will be charged at
à la carte prices

vegetables



fruits



breads/grain



meat/meat alternate



milk

Food Group Samples



HAMBURGER PATTY



HAMBURGER BUN



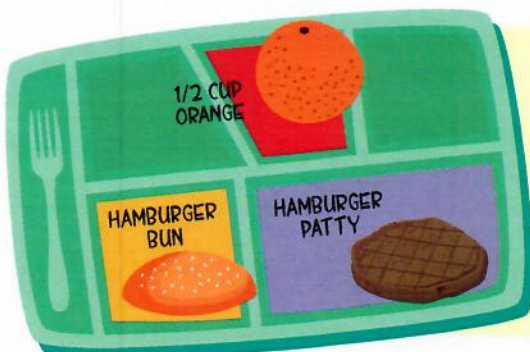
1/2 CUP BROCCOLI



1/2 CUP ORANGE



MILK



Sample Lunch

1/2 cup fruit OR 1/2 cup vegetables
PLUS a minimum of 2 full servings
from other food groups are
required for a reimbursable meal