

2025 - 2026 SPS Student Nutrition Information Sheet

Meal Prices for Elementary Students

Reduced Price Breakfast	.30¢
Reduced Price Lunch	.40¢
Full Price Breakfast	\$2.00
Full Price Lunch	\$3.40

Meal Prices for Secondary Students

Reduced Price Breakfast	.30¢
Reduced Price Lunch	.40¢
Full Price Breakfast	\$2.00
Full Price Lunch	\$3.65

Adult Meals

Breakfast	\$2.85
Lunch	\$4.85

Ala Carte 8 oz. Milk .75



← The 5 Components for school lunch

Offer vs. Serve Breakfast - 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.

Offer vs. Serve 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). More than 6 components will result in an additional charge to meal account.

Ala Carte Items - In addition to our meal options above, students may have the opportunity to purchase 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 Student Nutrition office to have your child's account placed on a "Meals Only" option. Student 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 in full.**

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 student's balance by setting up an account with myPayments 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 student's account there is a 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 meal program. You may also fill out an application on line at <https://www.sps.org/Page/2400> 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 Meal Benefits Specialist at 417-523-1130.

Student Nutrition Department Contacts * Main Office – 523-1100

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or **fax:** (833) 256-1665 or (202) 690-7442; or **email:** Program.Intake@usda.gov

This institution is an equal opportunity provider.