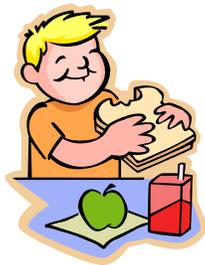


# FREQUENTLY ASKED QUESTIONS



## **How do I open a lunch account?**

There is no need to open a lunch account. Once your student has an ID number in our Skyward System, your student would automatically have a lunch account.

## **What is the cost of meals?**

Elementary:  
Breakfast \$1.75  
Lunch \$2.85

Middle School:  
Breakfast \$2.00  
Lunch \$3.10

High School  
Breakfast \$2.25  
Lunch \$3.35

There are additional meals at the middle school ranging from \$3.10 to \$5.75. There are additional meals at the high school ranging from \$3.35 to \$5.75. Additional meals are listed on the menu at [www.gvsdfoodservice.org](http://www.gvsdfoodservice.org).

## **How do I put money in my child's account?**



You can send cash or a check made payable to GVSD Food Service Dept. with your child. It can be handed in at the office, to their teacher, or in the lunch line at breakfast or lunch.

Credit cards may be used to deposit money at [www.payschoolscentral.com](http://www.payschoolscentral.com). (subject to change)  
Purchases and balances may be viewed free of charge when an account is opened on their website.

## **What if my child forgot their lunch money?**

### **School Meal Account Procedures / Meal Charging Policy**

#### **Confidentiality**

A student's meal status is always kept confidential. All students have accounts to purchase their lunch and are treated the same at the register. Often the student will not even know what their lunch status is.

Students are permitted to charge meals when their individual student accounts lack sufficient funds to cover the cost of the meal.

Students are not permitted to charge a-la-carte or other non-program foods when their individual student accounts lack sufficient funds to cover the cost of the items.

Parents/guardians are required to cover negative balances incurred by the student.

Students are notified by the cashier when their account balance is negative. On Tuesday and Thursday evenings, parents are notified by telephone if their child's account balance is negative. On a monthly basis, students whose negative balance exceeds \$10 receive notification from the central office of the negative balance. The Food Services Supervisor will follow up on negative balances exceeding \$50 by contacting parents/guardians directly via phone call and/or electronic communication and making payment arrangements.

#### **Additional Information**

Information on meal prices, menus, how to apply for free or reduced priced meals, how to check a meal balance or add funds can be found on the District's Food Services webpage at [www.gvsdfoodservice.org](http://www.gvsdfoodservice.org) or by calling 610-889-2125 ext. 51979.

### **Can I write one check for more than one child?**

Yes. Please include a Point of Sale form which can be found at [www.gvsd.org](http://www.gvsd.org) or include a note on how the money should be divided. If possible, you can write the information in the memo section of the check.

## What's for breakfast and lunch?

The monthly menus are on our website at [www.gvsdfoodservice.org](http://www.gvsdfoodservice.org).

### What is the planning process for the menus?

All menus are planned according to Healthy Hunger Free Kids Act of 2010. These nutrition standards require that all meals be  $\leq 35\%$  fat,  $\leq 10\%$  saturated fat,  $\leq 1230$  mg K-5,  $1360$  mg grades 6th-8th, and  $1420$  mg grades 9th-12th mg sodium. Every day the menu includes choices of a protein source, whole grain bread/grain option, fruit, vegetables and milk. Every week a variety of vegetable subgroups are offered including red orange such as carrots and sweet potatoes; dark green such as broccoli, spinach and kale; starchy such as potatoes and corn; beans and legumes in hummus and black bean salads; and other which includes cucumbers and celery.

For a meal to be counted as complete, students must take a fruit or vegetable with their entrée.



### Are there vegetarian options offered?

Yes. New this year at the elementary schools, we are doing meatless Mondays so all the menu options are vegetarian on Mondays. Our daily vegetarian option is the Cereal Grab and Go. This meal consists of choice of cereal, yogurt, string cheese, fruit and veggie of the day and milk. Many vegetarian options can be found through the month. For instance, Fridays we do a pizza party where cheese pizza is available (note: all pizza have a whole wheat crust!). Also know that students are able to decline any meal component so on days like breakfast for lunch, they can decline the sausage. As well as on pasta days, we always have a plain marinara available.

At the Middle and High school, we have a variety of vegetarian options such as the salad bar, veggie sandwiches at the deli bar, pizza, and assorted vegetarian main entrée specials throughout the month.

## **How do I apply for free or reduced priced meals?**

All children in households receiving benefits from Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF) can get free meals regardless of your income. This includes children living in the household who do not receive SNAP or TANF. Your children can get free/reduced meals if your household's gross income is within the free/reduced limits on the Federal Income Eligibility Guideline.

Letters containing frequently asked questions are sent home on the first day of school. You may apply online at <https://www.schoolcafe.com>. If you are not able to complete an application online, paper applications are available at [www.gvsdfoodservice.org](http://www.gvsdfoodservice.org).

Any questions, please call 610-889-2125, ext. 51979.

## **How do you handle confidentiality with students on free or reduced priced meals?**

A student's meal status is always kept confidential. All students have accounts to purchase their lunch and are treated the same at the register. Often the student will not even know what their lunch status is.

## **What items are available a la carte?**

All snack and a la carte items meet the Smart Snacks nutritional regulations. All snack items are whole grain or have the first ingredient listed as a protein source, a fruit, vegetable, milk or water. Sugar is never the first ingredient on anything we sell. All items are less than 35% calories from fat, less than 10% calories from saturated fat, and are less than 35% weight from added sugar. In addition all items are under 200 calories per serving and have less than 230 mg of sodium. All the ice cream that we sell is made specifically for schools. All items are less than 160 calories, and contain less than 3.5 grams of fat and less than 25 grams of sugar, with the majority containing only 15 grams of sugar. These items far exceed the requirements for the Smart Snack regulation. Everyday, whole fruit and vegetables are available free of charge to students who want seconds. In addition to the bagged snack items, we offer whole grain mini soft pretzels as well as yogurt, cheese, milk and 100% juice for sale a la carte.



## **How can I check my child's meal balance?**

Students can check their balance at the register at breakfast and lunch. An account can be opened at [www.payschoolscentral.com](http://www.payschoolscentral.com) (subject to change) to check student purchases and balances. There is no charge for using this site for this purpose. An automated phone call will be made on Tuesdays and Thursdays for accounts with a negative balance.

All balances must be positive by the end of the school year.



## **Will my child's meal account funds rollover to the following year?**

Yes. Accounts automatically rollover each year regardless if your student has moved on to the secondary schools.

## **My child is moving and or graduating, how do I apply for an account refund?**

Forms can be obtained on our website at [www.gvsdfoodservice.org](http://www.gvsdfoodservice.org), the school cafeteria or the administration building. If moving, please notify of mailing address. The form can be handed in the school office, cafeteria or by calling 610-889-2125, ext. 51979 with your request.

Graduating students can request a refund in the cafeteria or parent can follow the directions above.

## **How do I report my child's allergies?**

The Allergy Letter and Medical Plan of Care Form for School Food Service is given when you register your student. You can also find this form at [www.gvsd.org](http://www.gvsd.org) under "Forms/Publications" or on our website at [www.gvsdfoodservice.org](http://www.gvsdfoodservice.org). Forms need to be filled out and returned to Kelsey Gartner, the dietitian in the Foodservice Department, at the Great Valley Administration Building (47 Church Rd, Malvern, PA 19355). Please reach Kelsey at 610-889-2125, ext. 52167 or [KLGartner@gvsd.org](mailto:KLGartner@gvsd.org) to make an appointment to review the menu.

## **Do you have peanut free meals available daily?**

The daily alternative at the elementary schools is the peanut and tree nut free meal. This comes with fruit and veggie of the day and milk. While there are many meals that are peanut and tree nut free these meals are monitored for substitutions and can be guaranteed peanut and tree nut free.

To have your child's allergy posted on the point of sale system please contact Kelsey Gartner at 610-889-2125, ext. 52167



## **Do you have a Wellness Policy?**

Yes, Great Valley's Wellness Policy is updated annually. The Wellness policy covers regulates all food sold in the cafeterias as well as school stores, fundraisers and classroom parties. Please see the policy section at [www.gvsd.org](http://www.gvsd.org).