



FOOD SERVICE DEPARTMENT

NISD's Food Service department is committed to the health and well-being of our students by offering nutritious breakfast & lunch meals. At elementary and middle schools all meals must meet the Recommended Daily Allowance established by the USDA and the Texas Department of Agriculture. We research and evaluate every recipe in our menu to ensure they meet nutrition requirements measured by the following categories: **Saturated Fat, Total Fat, Calories, and Sodium**. For further details on the Texas Public School Nutrition Policy please refer to the full policy at www.squaremeals.org.

SCHOOL MEALS

We offer breakfast and lunch combo meals daily at all NISD Schools. Students on the Free & Reduced program may receive 1 Breakfast & 1 Lunch Combo Meal daily for their free or reduced-rate.

Breakfast Combo Meal

Students must take 3 items and 1 MUST be a fruit. May choose 1 entree, 1 juice, 1 milk, and 1 or 2 canned/fresh fruit(s). "Pick 2" entree counts as 1 item.

2018-2019 Breakfast Combo Meal Prices

Elementary and Secondary Students: \$1.35
 Reduced Students (all grades): \$0.30

Lunch Combo Meal

Students must choose 3 of the 5 food components (food groups). A fruit or veggie must be taken to be eligible for a "Combo Meal."

2018-2019 Lunch Combo Meal Prices

Elementary Students: \$2.30
 Middle & High School Students: \$2.65
 Reduced Students (all grades): \$0.40

Food Components

- Fruits**
- Veggies**
- Grains**
- Meat / Meal Alternatives**
- Dairy/Milk**

MEAL PAYMENT OPTIONS

School cafeterias accept cash and check payments. Payments may be sent to your child's school to be deposited into his/her account. Credit cards are accepted online through My School Bucks, but payments take 24 hours to appear on your child's meal account.

At My School Bucks, parents may access their child's meal account online, view payment balances and apply money using a Visa or MasterCard. Online payments will be charged a convenience fee of \$2.49 per transaction. All online payments take 24 hours to appear on your child's meal account.

Create A My School Bucks Account

1. Go to www.myschoolbucks.com.
2. Create a user profile by clicking on the "Start Here" button on the home page.
3. Add students to your household - you will need the child's name, birth date and student ID.
4. Now you are ready to make payments.

MENUS

Menus are available online at www.nisdtx.org/foodservice and click on "menus." Monthly and daily menus are also posted in each school cafeteria.

STUDENTS WITH SPECIAL DIETARY NEEDS

Our department will make food substitutions or modifications for students that have provided our department with a prescription, written by a licensed physician, that explains the student's disability & specifies substitutions to be made. A physician must also provide written notices of changes or deletions to diet orders. Our Department is not required to provide substitutions or modifications for children who do not meet the criteria for "disabilities with medically certified special dietary needs." For more information, contact Jennifer Stringfellow at jstringfellow@nisdtx.org or 817-215-0007.

Our menus offer students...

- a variety of fresh fruits & veggies
- whole grains
- low fat milk options
- lean meats
- baked foods, we don't use fryers

DELICIOUS, NUTRITIOUS & **FREE** SCHOOL MEALS? IT MAKES MEAL SENSE.

Helping your child eat right may be easier than you think. Free & reduced-price school meals like breakfast and lunch are provided to students whose families meet certain income requirements. Apply today to ensure that your child has a healthy school meal every day.

Applications are available online, the food service office and at all NISD school campuses.

APPLY ONLINE



- **Go to <http://northwestisd.schoollunchapp.com>**
- Please follow the application directions carefully so your application can be processed quickly. If you have more than one child attending NISD schools, combine their names on one application.
- A new application must be completed each school year.
- If your children received free or reduced-priced meals last school year, they will automatically receive the meal benefits for the first 30 days of school. After 30 days, only students who submitted a 2018-2019 application and qualified for the program will receive free or reduced-priced meals.
- An application cannot be approved until all requested fields have been completed and signed by an adult household member.
- If your Pre-K child was automatically enrolled on the free and reduced program, your other children will **NOT** automatically be on the program. You must complete an application for all other children.

CHECK YOUR APPLICATION STATUS ONLINE



- **Go to www.schoollunchstatus.com**
- New students will not appear in the online system until the school completely enrolls the child into their system. If you have multiply children on the program, the child who is new to the district will not appear with the siblings until the school fully enrolls the child.
- If your child is enrolled at Northwest ISD the application status is typically available within 48 hours after submitting your completed online application.

FREQUENTLY ASKED QUESTIONS

Q: Do I have to provide proof of income with my application?

A: You only have to provide proof of income if you are applying for Pre-K with your child's school. However, families are randomly selected for income verification once a year. Families that are selected will have to provide proof of income or will be dropped from the program.

Q: If my child was on the program last year, do I need to complete another application?

A: Yes, a new application must be completed each school year. If you received free/reduced-priced meals last year, your children will continue to receive meal benefits the first 30 business days of school. During that time, a new application must be completed for free/reduced meals to continue. If a new application is not submitted, your child will be dropped from the program after the 30 day grace period.

Q: What type of income should be included on the form?

A: All types of income must be included: employment income, social security benefits, child support, etc. You must report how often it is received.

Q: What if I need additional assistance?

Please contact Christina Day, Office Manager and Free & Reduced Specialist, at cday@nisdtx.org or (817) 215-0053.

Northwest ISD Food Service Department/Aramark

1800 Highway 114, Justin, Texas 76247 | 817-215-0007

f [facebook.com/AramarkNISD](https://www.facebook.com/AramarkNISD) | **@** www.instagram.com/northwest_aramark **globe** www.nisdtx.org/foodservice

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.