



## FOOD ALLERGIES AND DISABILITIES

If your child has a food allergy or disability that affects food selections, the school must receive written documentation from your child's doctor. The doctor's note should state the allergy or disability and what foods are appropriate. We are happy to work with you and your child to find alternative items on the menu whenever possible.

Children with a lactose intolerance are also required to provide a signed doctor's note. We will allow students who are lactose intolerant to take 100% fruit juice as a beverage with their complete meal. No other beverage substitutions are allowed.

## WASD WELLNESS POLICY

The Williamsport Area School District has adopted a comprehensive district-wide wellness policy. The goal of the policy is to provide guidance regarding foods and beverages available in the District's schools, either through the District's food service, vending or other purchase outlets, or as provided by treats or celebrations.

The Food Service Department has implemented many changes in response to the policy, including, but not limited to, the following:

- Increasing the availability of fresh fruits and vegetables
- Providing whole grains in breads and cereals, pizza crusts and pastas
- Replacing full fat breakfast, lunch and a la carte items with reduced-fat/low-fat or reduced-sugar options
- Providing appropriate or recommended portion sizes based on age/grade level

## RESOURCES

If you have any questions or comments regarding the Food Services Department, please call

District Service Center  
2780 West Fourth St.  
Williamsport, PA 17701  
570-327-5500 ext. 33527

### About Nutrition Group

The Nutrition Group is proud to be your school food service management provider. We have been managing school food service operations for over 30 years, and we manage more Pennsylvania school district cafeterias than any other management company. **We are employed by your school district to work in partnership with cafeteria employees from your community** to provide nutritious school meals and to cater school and community functions, as requested. Your students' lunch and breakfast menus are created by your local Nutrition Food Service Director with input from students, parents, faculty, the food service staff, your Wellness Committee, and Nutrition's dietitians.

The Nutrition Group keeps up-to-date on the latest health and nutrition information to ensure that your cafeteria program promotes sound nutrition principles and complies with government regulations and your district's Wellness Policy. We meet with students, parents, faculty, and administrators to create a food service program that meets with customer approval.



# FOOD SERVICE BROCHURE

### DISTRICT SERVICE CENTER

2780 West Fourth Street  
Williamsport, PA 17701  
570-327-5500

## SCHOOL LUNCH PROGRAM

Williamsport Area School District participates in the National School Lunch Program (NSLP), a federally assisted program through the U.S. Department of Agriculture operating in over 100,000 schools across the nation. The NSLP provides students with a nutritionally balanced, low-cost or free lunch each school day. Each lunch includes components from the five food groups: Protein (ex. Meat, cheese, and peanut butter), Fruit, Vegetable, Bread & Milk.

Every day we offer a variety of foods. Students are able to choose 3 to 5 “meal” items as a part of a lunch meal. Students pay the same price for their lunch if they have 3 or 5 items on their tray.

## BREAKFAST PROGRAM

Breakfast is available at every school, every day, but those students who do not qualify for free-or-reduced lunches need to pay \$1 for breakfast. Students who qualify for a free lunch receive a free breakfast, and students who qualify for a reduced-price lunch pay \$.30 for breakfast.

Breakfast consists of four components; milk, fruit, and either two grains, two proteins, or one grain and one protein. The grains and proteins served daily vary from cereal to muffins to yogurt and cheese to omelets and sausage. Every day also includes low-fat white milk and a serving of fruit.

## FREE OR REDUCED MEALS

In order to qualify for Free or Reduced Meals, your household must meet federal income guidelines. Once you qualify, you will continue to receive meal benefits for the duration of the school year. Program participants must reapply for meal benefits annually. Applications must be on file by Oct. 14. We cannot serve your child free or reduced meals after Oct. 14 without your new application. **First-year students must fill out an application.**

## MEAL PRICES 2014-15

Elementary Lunch - \$2.45

Secondary Lunch - \$2.60

Adult Breakfast - \$2.45

Adult Lunch - \$3.85

Milk - \$0.50

A la carte purchases are also available at secondary schools. A la carte prices vary by item.

*\* Prices subject to change annually based on school board approval.*

Families that have children attending a public school district can apply for free or reduced price school meals through the National School Lunch Program online using the Internet. This can be done using COMPASS. COMPASS allows Pennsylvanian's to apply for social service programs, such as Food Stamps (FS), Temporary Assistance for Needy Families (TANF), Energy Assistance, Children's Health Insurance Program (CHIP), etc., online. Families can use COMPASS to apply for free or reduced price school meals only, or they can apply for other services at the same time (FS, TANF, etc.)

You can apply for free or reduced price school meals online by going to the COMPASS website address at [www.compass.state.pa.us](http://www.compass.state.pa.us) or you can continue to use the paper “Household Meal Benefit Application” if you prefer.

Paper applications are available inside the Student Rights & Responsibilities handbook. They are also available from the Food Service Office at the District Service Center. If you apply for free or reduced price school meals through COMPASS, you do not need to submit a paper application.

## LUNCH PROGRAM

**Menus** – Monthly menus are available on the school district's website at [www.wasd.org](http://www.wasd.org). Elementary students will receive menus in their classrooms at the beginning of each month.

**Meal Tracking System** – The Food Service Department utilizes an electronic meal tracking system to manage daily transactions. Students are provided with a meal card to access account funds. Money can be added in any increment and as often as you like. **You can use MySchoolBucks.com** to see your child's account balances and purchases; account set up and use are free.

**How to Make Deposits** – Parents may send payments to the school in which they currently have a child enrolled. Checks are preferred as this helps to insure that your money is reaching the school cafeteria. Please make checks out to WASD Food Service. Alternatively, payments can be made online at MySchoolBucks.com using a credit or debit card for a minimal fee.

**Delinquent Account Balances** – Monitor account funds often to ensure that your account does not become delinquent; you can set up low-balance e-mail notifications and auto-payments using MySchoolBucks.com. High school students carrying a negative balance will not be allowed to charge any additional meals. Middle school students carrying a negative balance of \$10 or more will not be allowed to charge any additional meals. Intermediate students carrying a negative balance of \$10 or more will not be allowed to charge any additional meals (the cafeteria may provide a sandwich of its choice if the student wants something to eat, but the cost of that sandwich will be charged to his or her account). Primary school students carrying a negative balance of \$10 or more may be provided with an alternate reimbursable meal (students receiving the alternate meal will have the cost of that meal applied to their accounts). A la carte items cannot be purchased by students carrying a negative balance. All balances will remain the responsibility of the student and parent or guardian.

**Account Refunds** – Account refunds are only issued when a student withdraws from the district or graduates. Request for refunds should be made to the school cafeteria manager.