

# Middle School Meals 101

Bozeman Public Schools Food and Nutrition Services would like to welcome all new and returning students! Here is some important information on how the school breakfast & lunch programs work.

## About Us

- We are comprised of a dedicated staff who strive every day to provide the students with healthy, wholesome meals so they can be focused and ready to learn in the classroom!
- Our goal is to continuously increase the number of homemade items that are available to students. We produce these items in our large Central Kitchen facility.
- We aim to offer locally sourced food when able.

## School Breakfast

- Breakfast is served in the cafeteria before school (check with your school for exact times).
- All breakfasts include a whole grain item, fruit, and milk (1% white or skim white), a protein source is frequently offered as well.
- Students are encouraged, but not required to take milk.
- All students must take at least ½ cup of fruit (unlimited available), and the entrée.

## School Lunch

- Lunches include unlimited fruits & vegetables, an entrée, and milk (1% white, skim white, or skim chocolate). Again, students are encouraged to take milk, but it is not required.
- Students can return and take unlimited fruits and vegetables if they are still hungry, or they may purchase another entrée for \$1.60.
- Students bringing lunch from home are able to purchase milk for \$0.50, or access the fruit and vegetable bar for \$0.75.
- There is also a variety of ala carte items available for purchase. These items all meet the USDA Smart Snack guidelines.

## Meal Prices

	<b>Paid</b>	<b>Reduced</b>	<b>Free</b>
Middle School Breakfast	\$1.95	\$0.30	\$0
Breakfast Entrée Only	\$1.75	\$1.75	\$1.75
Middle School Lunch	\$3.00	\$0.40	\$0
Second Entrée (purchased with meal)	\$1.60	\$1.60	\$1.60
Entrée Only	\$2.50	\$2.50	\$2.50
Milk Only	\$0.50	\$0.50	\$0.50
Fruit and Vegetable Bar Only	\$0.75	\$0.75	\$0.75
Adult Breakfast	\$2.60	-	-
Adult Lunch	\$3.75	-	-
Adult Second Entrée	\$2.50	-	-

## Meal Accounts

- All students are assigned a meal account when enrolled in the district. If purchasing a school lunch they enter in their student ID number, and the cashier charges their account.
- **Ways to Add Money to Account:**
  - Send Money: You can send money with your student, and they can give it to the cashier to add to their account. If you have multiple children in the same school, you can write one check (please designate how much money per child).
  - Add Money Online:
    - Go to [www.bsd7.org](http://www.bsd7.org)
    - From the home page → Students & Parents → Food Services
    - Click on My School Bucks → follow the directions on the screen. (cost \$1.95/family)
    - **NOTE:** When using My School Bucks, there is a delay of 1-3 days before the money shows up in the student's account.

## Free & Reduced Lunch

- Applications are available online ([bsd7.org](http://bsd7.org) → Students & Parents → Food Services), or from the office at your child's school.
- If your student was approved for free/reduced lunch last year, there is a short grace period during which time you need to reapply for this school year.
- Student's receiving free/reduced meals qualify for a reimbursable meal, meaning unlimited fruits and vegetables, choice of entrée, and milk. Second entrees and extra milk are not covered by this program.
- **Call 406-522-6382 or email [schoollunch@bsd7.org](mailto:schoollunch@bsd7.org) with any questions.**

## Account Balance Notifications:

- Cashiers will notify the student if their account balance is \$5.00 or less.
- The cashier will also send paper and/or email notices home if the student's lunch account is low or in the negative. (If you do not want notifications, please let us know).
- Students in middle school are not allowed to carry a negative account balance.
- Thank you for ensuring your child's meal account stays current.

## Menus:

- Our interactive menus are available online and through a mobile app. Here you can view ingredients, nutrition information, and allergens. **We encourage all parents/guardians and students to get on and explore the menu!** There is also a feature that allows you or the student to rate the menu items, giving us very important feedback!
- Online: [bsd7.org](http://bsd7.org) → Lunch Menu **OR** [bsd7.nutrislice.com](http://bsd7.nutrislice.com)
- Mobile App: Search **Nutrislice** in the Apple or Android App store

## Family Members:

- Family members are welcome and encouraged to come have meals with your student(s). You may purchase a lunch for \$3.75, or bring your own. You can use cash, check, or student account.

## Food Allergies:

- If you have any dietary questions or concerns please contact the district dietitian, Brittany Bennett: **406-522-6399 or [brittany.bennett@bsd7.org](mailto:brittany.bennett@bsd7.org)**