

PHM School Meal Program

PHM school meals are healthy, well-balanced and tasty as well as providing students the nutrition they need to succeed at school. Menus are posted on the PHM website and at schoolcafe.com.

School meals offer students; milk, fruits and vegetables, proteins and whole grains, and they must meet strict limits on saturated fat, sodium and portion size. A detailed analysis of lunch entrees can be found on Schoolcafe.com

Breakfast Programs, are offered at all PHM schools. The breakfast price is \$1.35 for elementary students and \$1.60 for secondary students. Free lunch students also receive free breakfast. Reduced Breakfast is \$.30.

Lunch Program Students in all schools are offered many choices that they can combine into a complete lunch. The complete lunch includes 1 Entrée, fruit, vegetable, and milk. Students must take a least 1 fruit or vegetable but may take both or 2 fruits or 2 vegetables. Students not selecting a minimum of 3 items will be charged Ala Carte for the items chosen. Students choosing more than 1 Entrée and 3 sides will be charged on an Ala Carte basis for the additional items. **Meal prices are \$2.35 for elementary, \$2.60 for middle and high schools.** Approved free students will receive lunch for free and reduced lunch is 40 cents. Elementary students are required to purchase a complete lunch unless the student has brought their lunch from home.

Snack Purchases A variety of snacks and drinks meeting the new “Smart Snacks” regulation are offered to students. Snack purchases are limited in the elementary and middle schools as follows: Elementary students are limited to one snack and one additional drink per day. Middle School students are limited to two snack purchases and one additional drink per day. Parents can **block snack purchases** by going to Schoolcafe.com when putting money on their child’s debit card. Snack prices at the elementary range from \$.25 to \$1.00. Ala-carte at the middle and high schools is from \$.50 to \$3.00.

Debit Cards I would like to recommend this easy to use option so your child does not need to bring money daily. You may pay on line at Schoolcafe.com or send cash or check into the school. Please specify your child’s name and “lunch money” on the envelope. You may register your child on Schoolcafe.com to monitor their purchases. Please keep in mind that per district policy, refunds are only made for \$20.00 or more. We are always happy to move money between student accounts.

Free/Reduced Meal and Textbook Application Complete an application on-line at SchoolCafe.com. You can access this by computer or mobile device. **You must mark the textbook section to be eligible for textbook reductions.** After the application is approved you can print off confirmation letters from the website. If you are unable to complete an on line application, paper applications are available at each school.

Meal Charges Please make sure your child has meal money daily. Charges are not allowed for ala-carte and breakfast. Charges for lunch are explained on the back of this form