

Stillwater Area Schools Food Service News for parents of elementary school students (FAQ's)

Important information regarding your child's meals at school:

- The computerized system in the food service area is a **PRE-PAID** system. Please make sure your child(ren) has money in their account to make purchases.
- If you haven't tried it yet, you can pay on-line with your credit card. Pay NO FEES! It's a GREAT service for parents! (Go to www.PayPams.com) **WE ENCOURAGE PARENTS to take advantage of this FREE SERVICE.** YOU can GUARANTEE your child will have money to eat every day.
- Menus are also on-line at www.stillwater.k12.mn.us. Click on "Lunch Menus".
- NEW Breakfast menus will be introduced in October! (Breakfast is served at all schools EXCEPT Stonebridge, Withrow, and Marine Elementary.)

How will I know when my child needs money?

- When your child enters their PIN #, if their account balance reaches the equivalent of two lunches, the computer says, "low balance". The student is offered a green \$ stamp to place on the back of their hand as a reminder to bring more money.
- To take the worry away from your child and make sure there is money in their meal account, you can monitor your child's (ren's) balances online at www.PayPams.com, AND receive email notification when your child's account balance is getting low! **(Parents using this service LOVE it!)**
- Students may ask for their balance at anytime after they enter their PIN number at the register.

Aren't school lunches unhealthy and nasty?

- Absolutely not! There are at least two different delicious entrée choices offered daily in the school cafeteria. Meals include all the necessary foods to build a nutritious lunch. (whole grain foods, fresh and canned fruits, fresh and cooked vegetables, bread, and a variety of milk choices.)
- **NEW THIS YEAR...Lunch Boxes!** This is a 3rd choice option that is designed as a grab and go. The meal is ready to go, in the box. Students may select a milk choice with their lunch, enter their PIN number and be on their way!
- **ALSO NEW THIS YEAR...watch for this symbol** on our menus. This designates that the menu item is a WHOLE GRAIN choice! (The Dietary Guidelines for Americans suggests we all choose at least 3 whole grain servings daily to promote good health!)
- Nutrition information is available on the district website, www.stillwater.k12.mn.us, click on lunch menus and then on Nutrition Information.

What if my child is still hungry?

- If your child purchases a school lunch (main entrée, vegetable, fruit, bread and milk) and is still hungry we encourage them to come back to get additional fruits or vegetables at no charge. (Students that do not purchase lunch are not allowed to help themselves to these foods.)

My child receives free or reduced price meals, what do I need to know?

- The identity of student's eligible for free or reduced price meals remains anonymous in the school food service area. Your child uses a PIN number and can choose from any of the full meal choices available with all the side dishes.

What if my child brings lunch from home?

- The program only allows the benefit for a "meal only". If your child brings lunch from home and wants to have milk, they MUST have money in their account to cover the cost of the milk.

How can I receive other benefits from the school?

- Your information is not shared without your approval. The food service department sent you a letter informing you of your eligibility for either free or reduced price meals. You can take that letter to the Principal, athletic department, transportation department, or any other school department you want to request other possible benefits from. If you have misplaced your letter, you can contact Bonnie at 651-351-8326 for another one.

I still have more questions...

Please call Bonnie at 651-351-8326, Amie at 651-351-8327, Linda at 651-351-8324, or email foodservice@stillwater.k12.mn.us

2010-2011 Meal prices: (Subject to change.)

Meal	Elementary	Students approved for free or reduced price meals:
Breakfast*	\$1.30	No charge for students approved for free or reduced price meals.
Lunch	\$2.20	Approved for free-no charge. Approved for Reduced price – \$.40
Milk**	\$.45	\$.45

*Breakfast is available at the following Elementary schools: Afton Lakeland, Andersen, Lake Elmo, Lily Lake, Oak Park, and Rutherford.

**One milk (8oz.) is included in the price of all meals. This price is for additional milk purchased with a meal or milk purchased separately.

PAYMENT OPTIONS:

Pay on-line: PAY NO FEES! Make payments to your child’s meal account via the internet. Payments can be made by going to www.PayPams.com and setting up your account. You will need to have your credit card information, and your child’s pin number or student ID (email foodservice@stillwater.k12.mn.us if you need assistance. Choose MasterCard, Discover, or debit card.

Other features available on-line at no charge include:

- Receive e-mail notification on balance status
- Access account balance and account history online
- Register multiple students under one account
- Receive e-mail confirmation for online payments
- Schedule automatic payments based on meal account balance

Pay at school: Payments by cash or check (Payable to “Stillwater Area Schools”) are taken at the school your child attends. Please place the check or cash in an envelope and label it with child’s name, grade, PIN number, and amount enclosed on the outside of the envelope. Place the envelope in the designated food service drop box located within your child’s school.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202)-720-6382 (TTY). USDA is an equal opportunity provider and employer.