

# Cafeteria News 2022/2023

St Rita Cafeteria operates as an independent sponsor under the guidelines of the US Department of Agriculture National School Breakfast and Lunch Programs. While the federal government allowed schools to offer free meals to all students during the pandemic, Congress did not extend this benefit for this school year. Families that are eligible for free or reduced-price meals must apply to receive them, and all other students must pay full price for their meals. The application process for free and reduced-price meals is open and applications will be available in the school office and cafeteria. We are able to maintain the meal prices from before the pandemic this year, the cost of Lunch is \$3.05 and Breakfast is \$2.00.

## Lunch

As part of the federal program, St. Rita is required to follow a meal pattern that ensures that meals are well-balanced and provide students all the nutrition they need to succeed at school. The lunch program is designed to provide approximately one third of the recommended daily allowance of a student's dietary needs when eaten over a period of time in which a variety of food is served. St. Rita Cafeteria uses the Offer vs Serve method to do this for grades K-8, which means that students are required to take three of the five components offered – at least one of which must be a vegetable or fruit. We are required to use the Serve method for PreK students, they will follow a separate menu. A nutritious lunch may be brought from home, but NO soft drinks or fast food items are allowed to be brought into the cafeteria at any time.

## Breakfast

We participate in the Breakfast in the Classroom Program. Students will have the opportunity to eat breakfast as they enter their classrooms in the mornings. Breakfast will meet the dietary guidelines of the National Breakfast Program, which includes whole grains, fruit and milk.

## Ala Carte Items

Ala Carte items (or extras) will be sold daily. St. Rita follows the Smart Snack Initiative which ensures that all snack foods and beverages sold meet the federal guidelines regarding whole grains, fat, sodium and calorie content. Ala Carte items will range in price from \$.50 - \$1.50. Milk purchased ala carte is \$.50.

## Lunch Accounts

Each student will be assigned a PIN number that they will use when purchasing lunch or ala carte items. You can deposit money into your child's account at any time. You may do this by sending in cash or check with your child, making sure to write your child's first and last name on the payment, or you may deposit money through our online payment system – MySchoolBucks – using a debit or credit card. To use the online payment system, go to [www.myschoolbucks.com](http://www.myschoolbucks.com) and, when setting up your account, choose St. Rita as the district. We are unable to accept debit or credit cards in the cafeteria.

## Dietary Concerns

If your child has any food allergies or dietary concerns please request a Dietary Concern Form or schedule an appointment with the cafeteria staff to ensure that all parties involved with your child are aware of the situation.

Please feel free to contact the cafeteria staff at any time at 969-7067 ex. 206 if you have questions or concerns.

We look forward to serving your students.

Angel Mattingly  
Child Nutrition Director