

Gateway School District Food & Nutrition Services



- Gateway offers the National School Lunch & Breakfast Programs
 - Offers healthy meals daily to its students, following USDA guidelines for recommended levels of fat, saturated fat, calories, grains, protein, fruits and vegetables.
 - New **USDA Meal Regulations** require all participating districts to serve healthier and more nourishing meals to your children.
 - Must choose at least one fruit or vegetable serving with both breakfast and lunch.
 - Greater selection and variety of fresh fruits and vegetables- 1 cup of each offered for lunch on a daily basis and a minimum of 2 fruit/ veggie offerings for breakfast
 - The average of all grains offered must be whole grain rich meaning that it's made up at least of 51% whole grains including pizza crusts
 - Only low fat milk and fat free flavored milk without high fructose corn syrup and added BGH may be offered.
 - Continuing the gradual reduction of the sodium content in the foods being served
 - Gives student's households access to the federal free & reduced meal benefit program
 - Through the use of a district-wide computerized point of sale (POS) system allows us to maintain complete confidentiality and accountability within our operations.
 - There are **TWO ways to obtain free or reduced meals:**
 - Direct Certification – if you qualify, you will receive a letter from school on the first day notifying you that your household is already approved.
 - Complete provided “Meal Benefit Application” per the included instructions and apply online at www.paschoolmeals.com
 - If your child has a sibling in another grade who was free or reduced last year – please let us know. It is sometimes difficult to match siblings. We can apply the siblings' meal status to your child for the first 30 days of school.
 - Please call us at 412-373-5777.
 - **Paying for School Meals**
 - We recommend that parents make deposits into the computerized system rather than sending cash daily with the student. It helps prevent loss or theft of money and speeds up the lunch lines.
 - To make payments, please send cash or check (recommended) in an envelope with your child's name and account number written on the envelope.
 - Please also make checks payable to: Gateway School District Food Service
 - The other method for paying for meals is online using a debit or credit card. You can access the link through the Gateway website (go through Food Service) or type this website into your browser: www.myschoolbucks.com
 - Using your child's Student ID Number, you can create an account for your child. Through this account, you can make deposits, receive low balance emails or simply view daily transactions.
 - There is also a phone app available for myschoolbucks.com
 - If you do not qualify for meal benefits, Gateway High School (GHS) paid meals currently cost \$1.40 for breakfast and \$2.85 for lunch during the 2018-2019 school year. As stated, we utilize a computerized system to track your child's daily meal purchases. It tracks all payments and purchases of which Myschoolbucks.com may be used to monitor this sort of account activity.

- Transactions are tracked by your child’s Student ID number (or PIN). Your child’s PIN number to purchase meals is the same number as their Student ID.
- **Negative Balances:**
 - We understand from time to time you may forget to send money.
 - We do not deny students without money a meal, however, the computerized system does track “charges” and you will need to pay for any/all negative balances soon after they occur.
 - We periodically send notices for negative balances and if the balances become too high, we may offer the student an alternative entrée. Parents would receive a notice before this happens.
- Statistics show that well-nourished children do better in school.
 - Research also supports the importance of **eating a healthy breakfast at school** with regards to a child’s performance at school
 - Eating breakfast improves test scores
 - Breakfast eaters make fewer mistakes
 - Kids who eat breakfast have improved attention spans and show improved behavior
 - Breakfast eaters are less likely to become overweight
 - Statistics point to an "ALTERNATIVE" Service Model as the best course of action when it comes to breakfast offerings. GHS will continue to provide both "Grab 'N' Go" and Second Chance Breakfast options in addition to its traditional hot breakfast offering in the cafeteria for 18-19 SY.
 - Please be aware, even if you do not anticipate that your child is eating breakfast, sometimes they will enter the breakfast line and eat with their friends. Breakfast charges will accumulate on the computerized lunch account if the child does not have money when eating
- **Special diets/ Allergies**
 - There are specific USDA regulations that state how schools are permitted to respond to a student with allergies/ special dietary needs.
 - If your child has a condition which is considered a “disability”, schools can make modifications to the meal menu. This requires a form filled out by a physician and must state the substitutions to be made. Forms are available on the district website under the “Food Service Operations” tab should you have this situation. Only in the case of a Doctor’s diagnosed disability do we modify a menu.
 - For milk allergies and/or intolerances, parents may specify a substitution for milk. We ARE NOT permitted to substitute water or juice for milk UNLESS a physician specifies the condition as a disability.
- **“Service with a Smile!”**
 - Food & Nutrition Associates are expected to make sure that each customer who comes through our service lines feels special and is offered high quality food within pleasant surroundings by compassionate people.

Martin Lorenzo
 Director of Food Service



HOW MAY WE SERVE YOU?

