

# School Breakfast & Lunch

## Information for the 2019-2020 School Year



### Free or Reduced Price Meal Applications

#### You must fill out and submit a new application every school year\*

If we do not receive an application by October 17, 2019, your child will be charged full price and you will be responsible for any charges incurred. \*The ONLY time you aren't required to fill out a new application is if you received a "Direct Certification" letter in the mail from us.

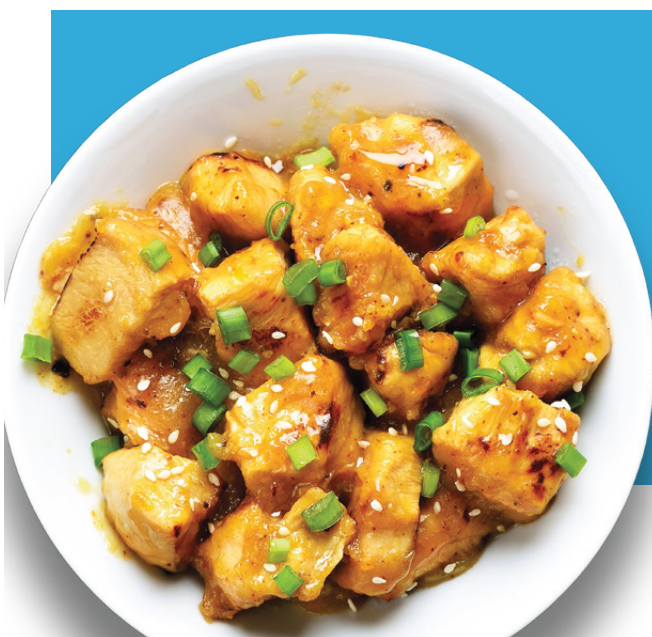
#### Two ways to apply:

1. Complete the paper application enclosed in this mailing. The form is also available on our website and at all schools.
2. Apply online - the process is safe, secure, private and available anytime, anywhere!
  1. Go to: <https://cvsd.strataapps.com> Once the application is submitted, you will receive a confirmation number via the email you provided.
  2. Within 5 business days, you'll receive an email with your approval or denial for free or reduced price meals.

For more information please call 558-5417 or 558-5414

### We're Excited About Our New Fresh Fuel Food Project!

This fall, all of our school kitchens will be offering home-style, delicious lunches prepared daily using fresh fruits and vegetables, whole grains, lean meats, low-fat dairy and clean label foods. This new Fresh Fuel Food Project is a collaboration between Central Valley School District and Empire Health Foundation.



# Fuel-Up

your student's learning this fall

with great tasting lunches that are filling, healthy & energizing.

- Provides a complete balanced meal
- Teaches students lifelong nutritional habits
- Supports student performance
- Saves you time over packing a lunch



# Our Breakfast and Lunch Program

Central Valley School District participates in the National School Breakfast and Lunch Program. We serve complete balanced meals at all of our school sites. This helps support student performance and helps to create lifelong nutritional habits. Monthly menus are posted on the district website. Each entrée is accompanied by a fresh fruit and vegetable “offer bar” selection, along with non-fat white milk, non-fat chocolate milk, and lactose-free milk.

## 2019-2020 Meal Prices:

Meal prices, forms and information are always available at [www.cvsd.org](http://www.cvsd.org) – click on “Nutrition Services” under “Departments.” Meal prices are subject to change.

Menus are available on each school’s website. Click on the “Menus” icon on the homepage.

Meal	Grades K-3	Grades 4-5	Grades 6-12
Breakfast	\$1.95	\$1.95	\$1.95
Reduced Price Breakfast	\$0	\$0	\$0
Lunch	\$2.70	\$2.70	\$3.20
Reduced Price Lunch	\$0	\$0.40	\$0.40
A la carte items	n/a	n/a	25¢ - \$2.75
Milk only		60¢	
Adult Breakfast		\$2.20	
Adult Lunch		\$4.20	

## Making Meal Payments

Payments to your child's lunch account may be made by sending cash, check or making an online payment.

For elementary students paying with cash or check, place the payment in an envelope with your child's name on it and remind your student to give to his/her teacher.

To make a payment online go to <https://cvsd.revtrak.net> and select Food Service Payment. First time users will be prompted to create an account and a password midway through the transaction. The system is set up to accept payments for multiple student meal accounts as part of one transaction by clicking on “continue shopping.” It is important to note that payments will be posted to the student's balance within two business days and a convenience fee of \$2.00 will be applied to each transaction at checkout.

## Family Accounts

Some households may wish to share one Meal Account among multiple students, pooling their balances together. This is our Family Account feature. Every transaction for every member of the Family Account goes into or comes out of this shared account. If you would like to use this feature, please call Shelley Ehlert in Nutrition Services at 558-5417.

## Checking Account Balances

To view transactions and balance information only, visit [www.mymealtime.com](http://www.mymealtime.com). (Payments cannot be made on this site.)

## Balance Statements

All low/negative balance notices will be emailed directly to parents/guardians once a week. This includes elementary and secondary schools so please check your e-mails regularly. Please provide or update your email address with your child's school in order to receive these notices. If you do not provide an email address with the district, you will need to check your child's account balance at [www.mymealtime.com](http://www.mymealtime.com).

## Charging Policy

The district allows students to charge meals on their lunch account if the account balance is low or negative. If you do not want your child to charge meals when their account balance is low/negative, please notify us via email at [sehlert@cvsd.org](mailto:sehlert@cvsd.org) and we will block the student's account. We cannot refuse a student a meal unless requested by a parent or guardian.

## Middle School Cash Handling Process

We have a new cash handling policy at all middle schools effective September 5, 2018. We can no longer give change back to students in the a la carte or lunch lines. They may use their lunch account to pay for their purchases or exact cash. For example, if they pay with a \$20 and their purchase is \$2.00, the remainder will be deposited back on their lunch account. Checks or charging ala carte is also not allowed.



### Nutrition Services

19307 E. Cataldo Ave., Spokane Valley, WA 99016  
(509) 558-5417 or 558-5414  
[www.CVSD.org](http://www.CVSD.org)