



Student Nutrition Services News 2017-2018

St. Anthony Nutrition Services welcomes your student(s) back to school!

MEAL PAYMENTS

Payments can be made directly to the school with cash or check or on our on-line credit card system at www.paypams.com. ***Note:** There will be a \$1.95 service fee to use the pay by credit card on-line per child entered on the PayPams website. There is no fee to view purchases and the balance.

- To make a payment with cash, please write the child's name, PIN number and amount on the outside of the envelope.
- When making a payment by check, please make sure to include your child's name and PIN number on the memo line of your check. **Please note: Once a check has been returned for non-sufficient funds, you will be required to pay cash.**

If your children attend the same school building the amount of the check can be divided among accounts. Be sure to note each child's PIN number and amount for each child in the memo line of the check. If your children are at different schools, separate checks are needed. No money will be taken during lunch. At the Middle School and High School all money must be in the office by 9:00 a.m. At Wilshire Park Elementary, checks should be put into the office lunch box or in the classroom teacher's envelope.

BALANCES

Account balances can be accessed by:

- Website: www.paypams.com PAMS: Parent Account Management System. This is an online payment system along with access to account balances without making a payment.
- School Cashier: At Wilshire Park Elementary, call Lisa Amundsen at 612-706-1207. At the High School and Middle School, call Linda Amundsen at 612-706-1017.
- All 6th grade students will get a **new** lunch pin number.

MEAL PRICES FOR 2017-2018 SCHOOL YEAR

Meal Prices 2017-2018	Breakfast	Lunch
Elementary	\$2.00	\$2.65
Secondary	\$2.15	\$2.90
Adult	\$2.50	\$4.00
Milk	\$.55	\$.55

Students who qualify for free or reduced-priced meals will continue to receive all meals at no cost.

FREE/REDUCED LUNCH APPLICATION

Application and information to apply enclosed. This needs to be filled out annually. New this year, you may also fill out your application online: www.paypams.com/ApplyNowISD282

St. Anthony- New Brighton Schools- Independent School District 282
3303 33rd Ave NE, Minneapolis, MN 55418
Phone: 612-706-1000

<http://www.stanthony.k12.mn.us/>

This institution is an equal opportunity provider and employer.



To request an additional application, or any questions, please call Linda Guenther at 612-706-1003.

WEBSITE

Menus can be found on the website at: <http://www.stanthony.k12.mn.us/school-menus>. Coming soon! Interactive menus with nutritional, ingredient, and allergy information! Keep an eye out for October's menu.

HIGHLIGHTS

- **Minnesota Thursday**- The first Thursday of each month will again feature a local menu with dairy, proteins, grains, and produce sourced within a 300-mile radius (as seasonally available).
- **Harvest of the Month**- In partnership with The Good Acre food hub, menus will feature a local vegetable prepared two different ways. With the help and training of The Good Acre chef and Director of Kitchen Operations Emily Paul, staff will be preparing fun new recipes with local Farm2School items.
The lineup:
 - September: Zucchini & Summer Squash
 - October: Broccoli (also featuring local apples on October 12th for the Great Lakes Great Apple Crunch Day!)
 - November: Butternut & Delicata Squash
 - December: Sweet Potatoes
 - January: Cabbage
 - February: Potatoes
 - March: Carrots
- Nutrition Services is on a quest to **clean labels and real food**. We are committed to serving our students the highest quality food to support both their health and their classroom learning. In order to do this, we feel it is necessary to take a closer look at the ingredients in our food supply and ensure that only the safest, well-tested ingredients make it onto our menus. We are committed to removing potentially harmful colors, preservatives and additives using evidence-based best practice to ensure media hype, trends, and politics do not play a role. To ensure this, the Chemical Cuisine List from the Center for Science in the Public Interest will be used (eliminating the "Avoid" and "Certain People Should Avoid" categories). For more information, visit: <https://cspinet.org/eating-healthy/chemical-cuisine>.
- Our menus feature predominantly **whole grains** except in the rare incidence when a whole grain version of the product is not currently available (such as cheese-filled tortellini) or a non-whole grain version is more culturally acceptable. We know how important whole grains are in a balanced diet, but we also recognize the importance of serving culturally acceptable, tasty items that our students love to eat.
- All schools offer at least one **vegetarian option** daily. We have seen an increase in "flexitarian" student requests (meaning they sometimes abstain from eating meat) and we are happy to serve a vegetarian option that supports the personal health choices as well as the health of the planet.
- Schools use a system called "**offer vs. serve**" when serving lunch. This promotes eating based on hunger cues as well as minimizes food waste by having the student choose what they want to eat and declining what they do not wish to eat. Students will continue to have to take a fruit or juice and breakfast and a fruit or vegetable at lunch to promote a balanced diet.
- If your student has a **special dietary need**, please contact the cafeteria manager to obtain a Special Diet Statement form. This form is required to be completed and signed by a recognized medical authority before accommodations can be made.