



School Meals

quick reference guide

USD 231 Nutrition Services is proud to provide safe, nutritious food to our students that is prepared fresh daily. We offer a variety of menu choices at all grade levels to help students select meals that they will enjoy while meeting age-specific recommended daily allowances for calories and nutrients. All meals meet guidelines for school meals as required by the Seamless Summer Meal Program administered by the United States Department of Agriculture.

This quick-reference guide has been created to help parents and students understand and easily navigate the school meals program offered in our cafeterias.

Student Meal Accounts

- Each student enrolled in USD 231 is assigned a meal account upon enrollment. This account is unique to the student and is assigned to their student record throughout their entire career in USD 231.
- A unique 5-digit keypad code is also assigned to each student account. This number is entered by the student at the register in each cafeteria any time a purchase is made. Cashiers verify student information in the point-of-sale screen to ensure that the correct account is being used. If a student forgets their keypad number, the cashier can look up the student's account by first/last name.
(NOTE: Kindergarten and first-grade students will begin the year with additional assistance for meal purchases and will not be required to memorize their keypad number.)
- Real-time activity of student accounts can be viewed by authorized parents and guardians by signing into the [PowerSchool parent portal](#). The MySchoolBucks tab for each student in the family shows daily purchases and payments. A year-to-date statement can also be generated through this portal. For assistance with logging into PowerSchool, please contact your student's main office.



Meal Service: Creating a "Meal Deal"

To ensure that students are receiving the greatest nutrition for the best value, our menus are created so that any entrée can be made into a "Meal Deal." During this school year, meals must be complete to qualify for the FREE meals program available to all students.

Students may take as many fruits and vegetables as they will eat as part of the breakfast or lunch "Meal Deal" during their initial trip through the cafeteria serving line. Occasionally, certain items – such as potatoes, strawberries, special seasonal offerings, etc. – may be limited to ensure that all students have access to these items and that required nutritional composition is maintained.

Breakfast Meal Deal. Students must select at least 3 of the 4 (or 5) items offered – with at least one being ½ cup fruit or vegetable – to purchase a complete meal or "Meal Deal." Typically this consists of the entrée, milk carton, fruit and/or juice carton.

Student Breakfast	Full Pay	FREE (all levels)
	Reduced Price	FREE (all levels)
	Free Price	FREE (all levels)
	Milk Carton	\$0.55 (all levels)

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Lunch Meal Deal. Students must select at least 3 of the 5 items offered – with at least one being ½ cup fruit or vegetable – to purchase a complete meal or “Meal Deal.” Typically this consists of the entrée, vegetable, fruit, juice carton and/or milk carton.

Student Lunch	Full Pay	FREE (all levels)
	Reduced Price	FREE (all levels)
	Free Price	FREE (all levels)
	Milk Carton	\$0.55 (all levels)

Milk or juice cartons to drink with a lunch from home are not included in the FREE meals program.

Meal Account Payments

- USD 231 Nutrition Services accepts cash or check at the student’s building.
- Online credit card payments (MasterCard, VISA, and Discover) may also be made through [PowerSchool parent portal](#) from the MySchoolBucks tab.
- No credit card payments can be accepted on site or over the phone.

Account Reminders

Email will be sent to parents and guardians on file in each student record if their student made any purchase in the cafeteria on that date when a student’s account holds a negative balance. Parents and guardians are reminded to update their email address by calling or emailing their student’s building.



Breakfast and Lunch Menus

Menus are available online at usd231.nutrislice.com. A free mobile app is also available for iOS and Android devices as “School Lunch by Nutrislice.”

Our online site provides a printable PDF menu and the ability to sign up for email alerts when monthly menus are published. Both the online site and mobile app also display additional information about the foods offered including photos, nutritional information, ingredient statements, allergens and special features.

For middle and high school students, an up-to-date list of a la carte offerings with prices is also available for download on the menu website.

Students with Special Dietary Needs

We plan our menus with great care to incorporate choices that will satisfy all students' needs. If your student's diet is not being met with our current menu offerings, please visit the [Accommodating Special Diets](#) link on our department website for additional support.

Nut-Aware Cafeterias

Due to the large number of severe nut allergies in our district, the Nutrition Services Department prepares and produces school meals in a nut-aware environment. We also have many schools and classrooms that have been designated as peanut-restricted zones.

Elementary Schools. Our policy is generally to avoid nut-related products at the elementary level. Please note that a pre-packaged peanut butter & jelly sandwich is available on select dates as an alternate lunch selection. We do not prepare these items in our kitchens where any of our other foods are

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located. We also offer designated tables for students with peanut and tree nut allergies in the cafeteria seating area.

There may also be nut products in these buildings for use in our catering program. These items are prepared on separate tables from where school items are produced, and thorough sanitation procedures are enforced. Our department checks the ingredient labels of purchased items for the elementary meals to ensure, to the best of our ability, that they do not contain nut ingredients and are not processed in a plant that manufactures peanut products.

Secondary Schools. We offer pre-packaged products that contain nuts in the secondary snack/a la carte options, as well as a pre-packaged peanut butter & jelly sandwich entrée option on our grab and go menu. We do not prepare these items in our kitchens where any of our other foods are located. We also offer designated tables for students with peanut and tree nut allergies in the cafeteria seating area.

Joining Your Student for Lunch

Parents, grandparents, aunts, uncles... If the building allows, you are welcome to dine with your student and we'd love for you to enjoy the delicious meals your students are offered each day. It's easiest for us when we know you're coming, so please contact your building's main office to make a lunch reservation and check on guest policies. Prices for guest meals are \$2.50 at breakfast and \$4.00 at lunch. Please bring exact change or ensure adequate funds are available in your student's meal account as you can charge to their account.

Contact Us

There are always times where it's easier just to ask someone in the know. Please contact our main office at 913-856-2055 on normal business days with any additional questions or concerns. We're always here to help!

If you need to reach your school's cafeteria, please call your building's main office between 8am – 11am on school days and ask for the cafeteria manager.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information

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requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

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