

# **MEALTIME ONLINE**

## **JOHN SIMATOVICH ELEMENTARY**

Welcome! Union Township has chosen Mealttime Online to provide the opportunity for you to make credit card deposits into your student's account or view your student's purchase history via the internet.

### **To use Mealttime Online:**

Visit the school Web Page and click on Mealttime or go directly to [www.mymealttime.com](http://www.mymealttime.com)

### **STEP 1: Creating a Mealttime Online parent account.**

Click on the "Create new account" link and enter a username and password that you will use to login to Mealttime Online. The Username and Password must be at least 6 characters.

**For example - Username: jsmith; Password: pty845.**

### **STEP 2: Adding your student.**

Login to your Mealttime Online account. (Using the Username and Password that you created in Step 1)  
Click in the "Add New Student" link, and add your student by entering their first name and student ID numbers.

### **STEP 3: Making a deposit.**

Click on the "Make Deposit" link to make a deposit into a school account. There is a transaction fee for making deposits. Click on the "View Details" link next to your student name to view their cafeteria account balance and purchase history.

**Note:** Online deposits are processed each night at 2:00 a.m. and will be automatically reflected to your student's account at that time.

**Deposits made after 2:00 a.m. will be processed the following night at 2:00 a.m.**

Sincerely,

Sandra Denison  
JSE Kitchen Manager

## Union Township School Corporation Wellness Plan Update

Due to the new federal law asking for children to have access to healthy foods and opportunities to be physically active in order to grow, learn and thrive we need your help to comply with the new wellness plan and handbook guidelines.

- Students are not permitted to have drinks (other than water) in the classroom.
- Water must be in a clear container or bottle.
- Classroom parties will include commercially prepared, healthy food options and no more than one (1) food and one (1) beverage that does not meet the USDA Dietary Guidelines.
- It is our policy not to allow fast food lunches to be brought into the cafeteria, except on special occasions (i. e. birthdays), and then food can only be brought in for your own child.
- Soda pop and other carbonated drinks are never permitted in the cafeteria for lunch.

### Wellness Snack List

Good health fosters student attendance and education



Please help us by sending in healthy snacks and treats.

If your child's class has a snack -time, the following is a list of foods that may be brought.

Animal Crackers/Crackers  
Low-Fat Yogurt  
Pudding Cup  
Pretzels  
Trail Mix  
Goldfish  
Dry Cereal

Sunflower Seeds  
Granola Bars  
Popcorn  
Fruit  
Rice Cakes  
Dried Fruit  
Cheez'n Pretzels

Pita Chips  
Veggies  
100% Fruit Juice  
Vegetable Juices  
Low- Fat Cheese  
Graham Crackers  
Cheez'n Breadsticks