

HOW THE SCHOOL LUNCH PROGRAM WORKS

Dear Parents/Guardians:

Here are some tips in making your child's lunch choices a little easier.

Putnam Valley has implemented a POS Computer system for cafeteria sales. This is for your child's lunch debit account used to pay for school lunches. ALL incoming students at the Elementary School will be issued Pin numbers. This pin number will remain with your student throughout all of Putnam Valley Schools and will not change from year to year. Please have your son or daughter bring a check to the cafeteria made out to Putnam Valley School lunch. The check can be for any dollar amount. Please indicate on the check as to whether you want the funds to be used strictly for lunches (lunch only), or for lunch & snacks. Please also indicate your child's name and classroom teacher. If you have more than one child in school, please send a separate check for each child. ***Please note that this is not a credit card. This is a declining balance account. ****

Elementary School Lunch \$2.60

Middle/High School \$2.85

Breakfast \$1.35

The Healthy, Hunger-Free Kids act was implemented on July 1, 2012 requiring changes to the National School Lunch Program. There are now 5 components to a School Lunch. A Student must take a minimum of 3 or the 5 components to be considered a lunch. A selection of a fruit or vegetable is now MANDATORY. Components can not be substituted for each other. If you child does not choose a min of 3 components, a component may be added to the tray, or your child may be charged an additional cost.

Choose a min of 3 of the following:

1. Meat/Meat Alternate

We offer hot entrée(s), daily sandwich, and daily salad listed on your menu. We also have available daily the following alternatives:

PB & J, Cheese Sandwich, Yogurt Lunch (Yogurt & hot soft whole wheat pretzel w/carrot & celery sticks). Yogurt lunch is only available at the ES

A Bagel lunch now consists of a whole wheat bagel, with choice of Mozzarella String Cheese, or 4 oz yogurt.

Sandwiches will be made on Whole Wheat Bread

2. Fruit or Juice

½ cup of Fresh fruit, fruit cup, dried fruit, or 100% fruit juice.

1 Cup at HS level

3. ½ cup Hot Vegetable of the day or Raw Vegetable Bar

1 cup at HS level

4. Bread/Grain – this could be part of an entrée, or an additional side item

5. Choice of Antibiotic, Hormone Free Milk – Fat Free, 1% or, Fat Free Chocolate

6. Pay at the register

Punch in your pin number

If you have cash, please have it ready and don't forget to wait for your change. Exact change is always appreciated. If a student leaves the register before change can be given, it will be placed on account.

All beverages and packaged snacks sold in the Putnam Valley Schools cafeterias must adhere to USDA smart snack guidelines.