

# MIDDLE SCHOOL MEALS 101

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Bozeman Public Schools Food and Nutrition Services

## ABOUT US

## MEALS ARE FREE THIS SCHOOL YEAR

*Bozeman School District #7's Food & Nutrition Services strives to support student achievement, success, and lifelong wellness by providing an innovative school food model that encourages a culture of healthy choices.*

The food and beverages we serve at all schools meet the state and federal requirements, which are based on the USDA Dietary Guidelines and Smart Snack guidelines.

### Homemade Mondays!

Our goal is to continuously increase the number of homemade items that are available to students. While many days of the week will feature made-from-scratch items. However, you can rely on the fact that **every Monday** the main entrée has been freshly homemade in our Central Kitchen facility. We also aim to offer locally sourced food when able.

## SCHOOL BREAKFAST

- Both Sacajawea and Chief Joseph offer Grab-N-Go breakfast starting everyday at 7:45 in the school's main entry (look for the food cart!)
- All breakfasts include a whole grain item, fruit, and milk. A protein source is frequently offered as well.
- In order for the meal to be free, students must take at least ½ cup of fruit (unlimited available), and the entrée. Milk is encouraged, but not required.

## SCHOOL LUNCH

- Lunches include *unlimited* fruits & vegetables, an entrée, and milk. Again, students are encouraged to take milk, but it is not required.
- Students can return and take unlimited fruits and vegetables if they are still hungry, or they may purchase additional entrees.
- Students bringing lunch from home are able to purchase milk for \$0.50 or access to the fruit and vegetable bar for \$0.75.
- There is also a variety of a la carte items available for purchase. These items all meet the USDA Smart Snack guidelines.

## A LA CARTE PRICES

Breakfast Entrée Only	\$1.75
Second Lunch Entrée (purchased with meal)	\$2.00
Lunch Entrée Only	\$2.50
Milk Only	\$0.50
Fruit and Vegetable Bar Only	\$0.75



**A student account must have a positive balance to purchase any a la carte items.**

## **MEAL ACCOUNTS**

- All students are assigned a meal account when enrolled in the district.
  - **Ways to Add Money to Account:**
    - Send Money: You can send money with your student for them to give to the cashier. If you are paying by check, please include your child's name on the check. If you have multiple children in the same school, you can write one check (please designate how much per child).
    - Add Money Online:
      - Go to [www.myschoolbucks.com](http://www.myschoolbucks.com)
      - Follow the directions on the screen
- My School Bucks also gives you access to monitor your students account balance, purchases, and to set up low balance auto-pay.**

## **FREE & REDUCED LUNCH**

- *While all meals are free for the 21-22 school year, families are still encouraged to apply as there are other benefits available if an application is approved (P-EBT, school services, etc.)*
- Applications are available online ([bsd7.org](http://bsd7.org) → Students & Parents → Food Services).
- **Call 406-522-6382 or email [schoollunch@bsd7.org](mailto:schoollunch@bsd7.org) with any questions.**

## **ACCOUNT BALANCE NOTIFICATIONS:**

- Cashiers will notify the student if their account balance is \$5.00 or less.
- The cashier may also contact you via email or phone if your student's meal account balance is negative.
- Thank you for ensuring your child's meal account stays current.

## **MENUS:**

- Our interactive menus are available online and through a mobile app. Here you can view menus, nutrition information, and allergens. **We encourage all parents/guardians and students to get on and explore the menu!** There is also a feature that allows you to select dietary filters for students with special diets.
- Online: [bsd7.org](http://bsd7.org) > Lunch Menu **OR** [bsd7.nutrislice.com](http://bsd7.nutrislice.com)
- Mobile App: Search **Nutrislice** in the Apple or Android App store

## **FAMILY MEMBERS:**

- Family members are welcome and encouraged to come have meals with your student(s). You may purchase a lunch for \$3.75, or bring your own. You can use cash, check, or student account.

## **FOOD ALLERGIES:**

- If you have any dietary questions or concerns please contact Brittany Selvig: **406-522-6381 or [brittany.selvig@bsd7.org](mailto:brittany.selvig@bsd7.org)**

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