

Cafeteria News



Welcome to the Mulberry Café!

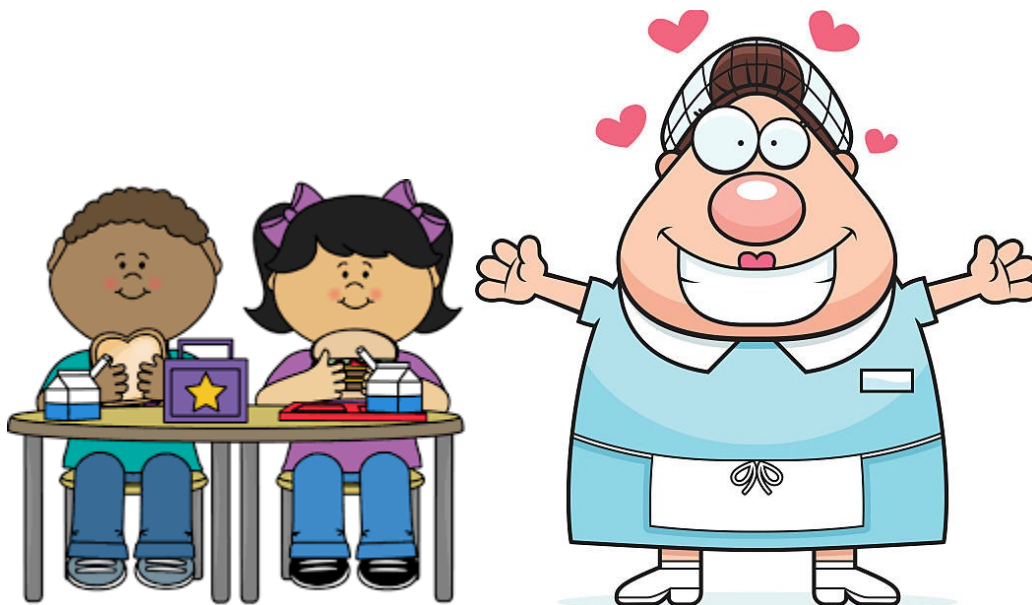
On behalf of the entire cafeteria staff, I'd like to say how excited we are to see new and current students! We have missed seeing them every day! Please take a few minutes to read through this packet so you stay informed! If you have any questions, please feel free to contact me and I'll respond as soon as possible.

Lisa Watson, Cafeteria Manager

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Along with the best Café Team ever:

Lisa Metsch (Assistant Manager), Sandra Osborne, Lourdes Pastrana, Cherie Parris, Marartu Keneni, and Jenny Watkins





Here are some questions that we are asked all the time - they may be things you are wondering about too!

- **When is breakfast/lunch?**

- Breakfast service begins at 7:45am - this is the arrival time for buses and cars. Students are given an opportunity to go to their classroom, or to the cafeteria to purchase breakfast.
- Lunch is on a schedule that is established by our awesome admin team. Your student's teacher will be able to provide you with the specific arrival time for that classroom.



- **What's on the menu?**

- We serve many well-known brands that you already find in your local grocery store, including Tyson, Land O' Lakes, Borden, Morning Star, Pillsbury, General Mills, Yoplait, etc.
 - Fun fact!: Much of our food is specially made for K12 public schools, and must meet federal nutrition requirements. This means that a lot of our items are specially manufactured to

have less sugar, fat, and salt than you would find in products by the same manufacturer in your local grocer. For example, our General Mills Cereals (Cinnamon Toast Crunch, Lucky Charms, etc.) have about 25% less sugar than the same variety on the shelf at your local store!

- Our breakfast options repeat weekly, and our lunch options have a 3-week cycle. To see a general list of our menued entrée items, you can:
 - Go to the school website, click on “About Us” then click on “Cafeteria” then click on the “School Menus” icon on the right. You will be redirected to “Nutrislice” and select the school or....
 - Download the Nutrislice app on iTunes or Google Play store for free!

• **How much is breakfast/lunch this year?**

- Our meals are based on eligibility: Free/Reduced, Full Pay
 - Breakfast

	Free/Reduced	Full Pay
Daily	\$0.00	\$1.50
Weekly (5 days)	\$0.00	\$7.50
Monthly (~22 days)	\$0.00	\$33.00

- Lunch

	Free/Reduced	Full Pay
Daily	\$0.00	\$2.25
Weekly (5 days)	\$0.00	\$11.25
Monthly (~22 days)	\$0.00	\$49.50

• **What is considered a “meal”?**

- Breakfast includes 1 serving of bread/grain (our breakfast entrée), 1 or 2 servings fruit, and 1 milk. A student may choose a minimum of 3 of these items, with 1 item being a fruit.
- Lunch includes 1 serving Meat/Meat Alternate (an alternate would be a plant-based protein), 1 serving Bread/Grain, 1 or 2 servings Vegetables, 1 or 2 servings Fruit, and 1 milk. A student may

choose a minimum of 3 of these components with at least 1 item being a fruit or veggie.

- **Is my student required to take a milk?**

- No. However, a fruit and 2 other items must be taken at breakfast, and at least 1 fruit or veggie and 2 other components must be taken at lunch.

- **Can my student purchase a la carte items?**

- Yes! A la carte items can be purchased. However, they get no reimbursement from the government to our program, therefore they are at a normal price and are not subject to student eligibility. Your student will need to have adequate funds on their account or in hand for purchasing additional/a la carte items.



- A la Carte Pricing:
Milk \$0.40
Extra Side \$0.60
Extra Entrée \$2.00
Dasani Water \$1.25

******NEW ITEMS THIS YEAR (a selection of the following items will be available for purchase each day)****:**

- Envy Sparkling Juice \$1.50
- Cookie \$0.50
- Doritos \$1.00
- Baked Lays \$1.00
- Popcorn \$1.00
- Rice Krispie Treat \$1.00
- Fruit Snacks \$1.00

- If you prefer that your student **NOT** be allowed to purchase a la carte items with their meal account, you will need to send this request to me, via email or letter, and I will add a pop-up notation on your student's account.

- **How do I pay for my student's meals?**

- MyPaymentsPlus.com is the 3rd party service that GCPS uses for many payments taken for tickets, school events, field trips, and cafeteria payments. If your student is new this year, you will need to go online and register for an account and add your student. There is a link on our school website. Go to the school website, click on "About Us" then click on "Cafeteria" then click on the "My Payments Plus" icon on the right. You will be redirected to the website.
- Cash
- Check

- **What happens if my student has no money on their account or on hand?**

- GCPS realizes that things happen, and sometimes we need a little grace! A student may make negative purchases for full meals (this means a full breakfast or lunch, they will not be allowed a negative purchase for a la carte items) up to -\$11.25.
 - All negative accounts will generate an email to notify you of your student's negative balance. When you get this email, and are able, please take a moment to add funds to your child's account as soon as you can. You may also receive a paper notification of the negative balance in your child's end of week classroom folder.



- **How do I apply for Free/Reduced Eligibility?**

- Online is the absolute fastest way! Please find a link to the Free/Reduced application on our school website : Go to the school website, click on "About Us" then click on "Cafeteria" then click on

the “Free and Reduced Application” icon on the right. You will be redirected to apply. Instructions are available in many languages.

- Paper application. A paper application is available in many languages. Please stop by for a copy, or email/call the cafeteria office to have one sent home with your student.

- **Can I have a meal with my student?**

- YES!! Please note that the first few weeks of school are the exception. We ask that you give the students and teachers time to establish routines. Please contact your student’s teacher to find out when you can start coming in!
- You may purchase a meal at the school. Prices are posted near the adult bar. You may eat from the adult bar or the student bar – however, we ask that the student’s purchased meal come from the student bar only.
- You may use funds from the student’s account (provided there are adequate funds to spend without going negative) to purchase your meal, or you may bring cash or a check. A student’s eligibility for Free/Reduced only applies to the student, not the visiting parents or siblings.
- You may visit only with **your** student. Inviting a student’s friend to sit with you or your child is not permitted.



MILK



EGGS



FISH



SHELLFISH



TREE NUTS



PEANUTS



WHEAT



SOY

- **What do you do about food allergies?**

- Food allergies are very serious. Any food allergy must be reported to our School Clinic Worker and Cafeteria Manager. It is vital to your student’s safety that a medical plan is established and kept on file.
- When I receive an allergy notification, a pop-up window is placed on the student’s account which will notify the cashier to verify that this food is not on your student’s plate at time of purchase.

If you have questions that we have not answered here, please send me an email, and I'll find an answer as soon as possible for you!

This institution is an equal opportunity provider.