



Our Mother of Perpetual Help School

Reverence, Respect and Responsibility

Lunch Program Guidelines – 2022-2023

Welcome to a new school year!

Due to the rising costs of food, the lunch pricing will be different this year. The pricing of lunch items will be based on what food items are being served. Your charge for your child's lunch (entrée, side, and fruit) may vary from \$4.00 to \$5.25 per lunch. The cost of milk products have also increased and we will need to charge .49 per carton of milk. Water will also be available for .75 per bottle.

| Item | Cost |
|---|---------------------------------|
| Lunch – includes entrée, side and fruit | Costs between \$4.00 and \$5.25 |
| Main entrée only | \$2.75 to \$3.75 |
| Side only | \$1.75 |
| Cereal | \$1.75 |
| Milk – White or Chocolate | .49 |
| Water | .75 |

We use Food Service Solutions or FSS to order and pay for your child's lunch account. **Existing families** who already have an account can log in to see their balance from last year. **New families** must create an account with FSS to order and pay for their child's lunches. Link to create an account can be found on our website under student life/lunch/pre-order. Emails were sent out last week with new students ID numbers.

All lunches must be preordered. You can preorder for the week or the month. We ask families to maintain a \$10.00 balance in their child's account. Accounts with a balance under \$10.00 will receive notification emails through FSS. We suggest that you deposit enough funds to cover about one month's worth of lunches for your child (ren). Amounts of \$50.00 or more are recommended since there is a \$2.00 charge for the online system for each deposit.

The following is a list of information about our lunch program.

1. The school lunch program provides buyers a napkin and plastic utensil. Knives are not provided. Everything we serve is bite sized or finger food. Please, if your child is packing, provide utensils for your child in their lunch box. We cannot provide utensils for children who pack their lunch.
2. Students who forget their packed lunch must notify their teacher as soon as possible who will then notify the cafeteria. Parents may call the school as well to let the office know. Parents may bring a packed lunch to school for their child or request the cafeteria to feed their child for that day.
3. Monthly menus will be posted in the weekly update and posted on www.omphschool.com.
4. Fruit – may be canned or fresh including: pears, mandarin oranges, peaches applesauce, grapes or bananas. Chocolate or vanilla pudding, Jell-O or Yogurt will be available each day for your child to choose.
5. We offer an allergy free table. Please let us know if your child has specific food allergies.
6. Please note that cafeteria personnel are not responsible for retainers, plastic containers or silverware that is thrown out.
7. If you are sending a birthday treat for lunch consider a prepackaged healthy treat for the class. In lieu of food, pencils, fidgets, or coloring books are a nice option.
8. We will strive to keep our students well-nourished and satisfied. Our cafeteria food is geared to the children's tastes while keeping in mind good nutrition. We must follow the wellness guidelines from the Diocese of Harrisburg.