



School meals are a healthy option, a great value and a huge convenience for busy families. We look forward to welcoming your children to the cafeteria this fall.

Apply for Free & Reduced Meals Online

Log on to: www.waltham.heartlandapps.com

We are pleased to announce the availability of applying for Free and Reduced Price Meals online. The process is **SAFE, SECURE, PRIVATE**, and **AVAILABLE** anytime, anywhere. Your data is transmitted to the food service office the same day you apply, allowing for quicker processing so you can receive benefits faster. We will promptly send a letter to you informing you of your results. If you chose not to apply online we have also enclosed a paper application for free & reduced priced meals. **You do NOT need to fill out this application or apply online if you think you do not qualify for this financial assistance.** You do **NOT** have to fill out a separate application for each child. We will accept one application per household. You may mail the application to Food Services at 617 Lexington Street Waltham, MA 02452 or bring the form directly to your child's school. If you apply online you will get results back much faster. **Please do not do both.** We encourage all families to apply online this school year.

Sign up for MySchoolBucks.com for Online Meal Payments

We are please to announce our new online meal pay feature for Waltham families. To sign up go online to set up an account at Myschoolbucks.com or download the APP for FREE on your Smartphones.

This service provides the following for Waltham parents:

- **Convenience:** Make payments when it's convenient for you, 24 hours a day, 7 days a week. A confirmation email will be sent to the email address you provide and then simply follow the link included in that email and your registration will be complete.
- **Control:** Receive low balance email reminders. Monitor your student's account balances online. View all your student's cafeteria purchases.
- **Efficiency:** Make payments for all your children in one easy step, even if they attend different schools in the city.
- **Flexibility:** Make payments using Visa, MasterCard or Discover card. A \$1.95 convenience fee will be applied when you make payments to your child's account, but you will have the opportunity to review any fees (and cancel, if you choose) before you are charged. **We will still accept checks and cash at your child's(ren's) school(s) for no additional charge.** Checks should made payable to **WPS Food Service.**



What's on the Menu?

Waltham School Nutrition is excited to kick off this school year with new menus and healthier daily selections including **BREAKFAST**. All schools serve breakfast before school begins. Please take advantage of this convenient and enjoyable opportunity for your child to enjoy this very important meal at school. Lunch options for students vary based on grade level. Our kitchens utilize fresh produce from local farms and vendors, whole-grain breads from a local bakery, fresh milk from a local dairy and our focus is on using real wholesome ingredients. All menus are available online at www.walthampublicschools.org.

Meal Prices

- Breakfast \$1.00 • Breakfast Reduced \$.30
- Elementary Lunch \$2.00 • Middle & High School Lunch \$2.25 • Reduced Lunch \$0.40
- Milk \$.50 Juice \$.35

Your children's health is our number one priority!

Students who are well-fed are more likely to be focused and ready to learn. Building a healthier student body is the mission of the Waltham School Nutrition Department. Our mission represents our commitment of providing well-balanced meals to help students succeed and build a strong foundation for a healthy lifestyle. Under the direction of our Food Service Director and Dietitian, Waltham will continue to provide great tasting nutritious meals that meet the Federal nutrition guidelines. In addition, we will be creating some exciting new nutrition initiatives that promise to be a tremendous benefit to the entire school community. We look forward to serving up nutrition and feeding hungry minds this school year.

USDA Federal Nutrition Regulations

School meal programs across the country must adhere to federal nutrition standards for school meals. These standards were interpreted from the Healthy Hunger Free Kids Act (HHFKA) and adopted into law. The purpose of the HHFKA is to ensure that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. During the 2015-16 school year school meals will have: **age-appropriate calorie limits, larger servings of vegetables & fruits, increased vegetable protein offerings and more variety of whole grain carbohydrates**. For more information on HHFKA visit www.fns.usda.gov.

Questions?

Food Service Questions:

April Liles, Director (781) 314-5495 or Aprilliles@k12.waltham.ma.us

Student Account or Free & Reduced Application Questions:

Linda Marsoubian (781) 314-5493 or MaritizaMarsoubian@k12.waltham.ma.us

MySchoolBucks.com questions:

support@myschoolbucks.com

