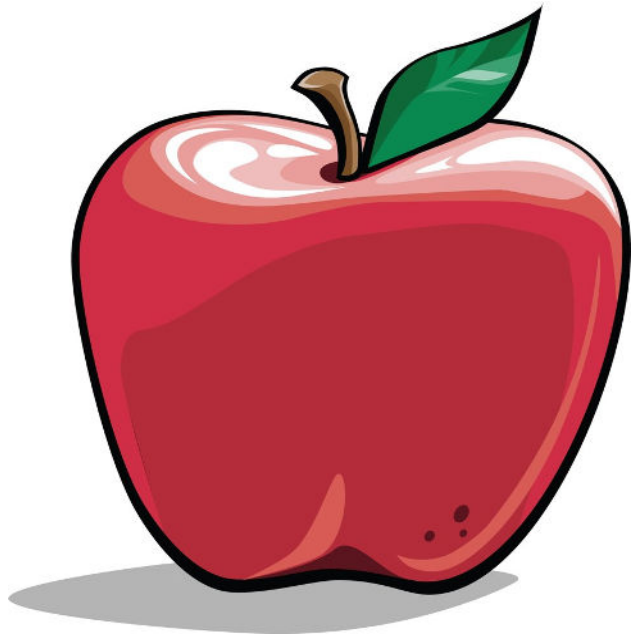


Food & Nutrition Services

~Kentucky Campus~

Cafeteria Handbook



2024-2025



**We are looking forward to what God has in store for this year.
Thank you for choosing Christian Academy!**

MENU STANDARDS

We work diligently to balance many aspects of menu planning. USDA regulations, food combinations, preparation, storage, cost, food safety, seasonal availability, equipment, and aesthetic appeal all play a part in providing healthy meals that are acceptable to our customers to maximize student participation. One of our goals is to encourage students to choose a variety of foods by making good choices daily. By exposing them to a variety of different foods, students learn there is no such thing as “bad” food. When used in moderation, any food can be incorporated into a healthy diet.

Children learn to make food choices that include
a variety of entrees, sides, and milk or water.
When you buy a school “Lunch Meal”...

WHAT IS A LUNCH MEAL?

Choose One Entrée

- ◆ Entrée of the Day
- ◆ Sandwich (PB or PB&J)
- ◆ Yogurt Parfait with Fruit
- ◆ Small Chef Salad (with Ham or Turkey)
- ◆ Soup of the day (*Middle & High School only*)

Choose Two Sides

- ◆ Fruit
- ◆ Vegetables

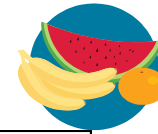
Choose One Drink

- ◆ Water
- ◆ 1% White Milk
- ◆ 1% Chocolate Milk

Optional: Bread and Dessert if offered



All this for only \$4.25—What a deal!



STUDENT LUNCH PRICES

Lunch Meal	\$4.25	<p>*Daily entrées options: Small Chef Salad, 8oz Low fat Yogurt Parfait, PB or PB&J Sandwiches</p>
Entrée*	\$2.50	
Fruit/Vegetable	\$1.25	
Bread/Roll	\$0.50—.60	
Mac & Cheese/Noodles	\$1.25	
8oz Water/Milk	\$0.50	

**Homemade soups are available as an entrée option daily for Middle & High School.*

Reduced Lunch is offered to qualifying households. Please email cowen@caschools.us to apply. If you meet the guidelines, reduced lunch is \$2.50 and is for the menu meal only. A la carte choices are always regular price.

A LA CARTE OFFERINGS

In addition to lunch, 6-12th grade may also purchase:

SALAD BAR @ ES campus

A salad bar plate is available for the same cost of \$4.25. The salad bar offers a variety of proteins such as cottage cheese, tuna, and shredded American cheese as well as a variety of fresh vegetables, fruits and prepared salads. These items vary for a greater variety.

SNACKS, DRINKS and ALTERNATIVE LUNCH OFFERINGS

Many a la carte items are available for Middle and High school students: various fresh fruit, deli sandwiches, fruit juice, bottled water, diet soft drinks, Powerade, baked & regular chips, cookies, cereal, granola bars, ice cream & more. On most Wednesdays, the ES cafeteria will offer Chick-fil-A and french fries as a la carte options. A la carte items are not part of a school "Lunch Meal." They are sold separately.

Deli Sandwiches	\$3.75	Cookies & Snacks	\$1.00
Canned Drinks	\$1.25	Ice Cream	\$2.00
Hummus	.75	Bottled Drinks	\$1.50—3.50
Cheese Stick	.50	Fresh Fruit	\$1.25
Assorted Chips	\$1.00	Cereal, Pop Tarts	\$1.00

Choices vary between campuses & rotate to provide greater variety...



MANAGEMENT OF SCHOOL LUNCH ACCOUNTS



Each student has a personal account with a five digit PIN. This PIN appears on the student's ID. It is required that they use their ID. Cafeteria purchases will not be allowed without it.

PREPAYMENT POLICY—TWO WAYS TO PAY

School lunch accounts are "debit accounts," not charge accounts. Please deposit funds before purchases are made. Prepayment means faster serving lines with more time for students to eat.

1. Prepay at School:

- Check—write the child's name & PIN on the memo line
- Cash—place in an envelope & write child's name, PIN, and amount of money enclosed.



ES Middle & High:

Please do NOT give payments to your teacher.
Turn in all payments to the office or the cafeteria.

2. Prepay On-Line:

My Payments Plus makes secure prepayments convenient for parents. My Payments Plus charges a 4.75% convenience fee for online payments. Use MPP with confidence—it is PCI and VeriSign certified.

- Make payments via credit cards, debit cards, or e-checks
- Auto-pay means never having to think of money on account again
- Receive confirmation of payments via email
- Make split payments for multiple students



CHARGING

This service is designed to cover the situation of occasionally forgetting to send in lunch money. Charges need to be paid in full the following school day.

If your account should become delinquent, a late fee will be charged. No student will be denied a standard lunch. However, for consistently delinquent accounts, we will limit purchases.

MYPAYMENTS PLUS

My Payments Plus is the secure, convenient and friendly way to manage school lunch accounts.

- Access the system 24/7 via the Internet
- Monitor purchases made in the cafeteria
- Receive low balance email reminders
- Create settings to automatically replenish your student's account when it reaches a low balance (4.75% fee)
- Check current account balance



All parents **must** create a free account at www.mypaymentsplus.com. It is the best way to remain involved in your student's nutritional decisions. You only need one MPP account per family. My Payments Plus is a completely free tool to help you manage lunch accounts (unless you make online payments). If you choose to make online payments, there is a 4.75% fee charged by MPP.

**Please be sure and mark emails from MPP as safe so they are not accidentally sent to your junk mail.*

New Families:

- Visit www.mypaymentsplus.com
- Click "Register a Free Account"
- Follow the simple, onscreen instructions
- Continue to log in and turn notifications on (under manage account tab), click save

To create a MPP account, you need your student ID, which is your FACTS ID. If you need any assistance, please call the cafeteria at 753-4540

Returning Families:

- Login to your MPP account
- Check your email address for accuracy
- Add new students
- Turn notifications on ('manage account' tab) and click save
- Forgot your password? Go to www.mypaymentsplus.com and click "forgot my password". Enter the email address that your MPP emails go to. MPP will email you your username and password.



Download our free mobile app on your smart phone today!

** Available now for Android and iPhone/iPad!*

Enables you to:

- Make payments
- Check account balances
- Check cafeteria purchases

...all from the palm of your hand!



MyPaymentsPlus.com
Making LIFE a whole lot EASIER
MyPaymentsPlus K12 Online Payment System



FOOD ALLERGIES/SPECIAL DIETARY CONCERNS

If your student has any dietary restrictions due to allergies, please print **Medical Referral Form for Allergies** from the CAL website under the cafeteria tab.



- Parents must notify the cafeteria if their child has any food allergies even if you do not plan on purchasing lunch.
- Cashiers are alerted to allergy or dietary needs entered in the student's account at the time of sale to ensure safety.
- To receive special dietary attention and/or food substitutions a medical form must be on file in the cafeteria.
- Meal pricing is not affected by dietary modifications. We will do our best to accommodate your child's needs.

Ensuring each student's safety is our priority!

ELEMENTARY VOLUNTEERING

Elementary parents—If you have questions about volunteering in the cafeteria, please contact the elementary office. The cafeteria welcomes volunteers on any day, even if you're not scheduled. Volunteers assist in wiping tables, sweeping, and helping students during lunch (opening packages, etc). Sign in at the main entrance and tell them you are volunteering in the cafeteria.

English Station Lunch is 10:30—11:40



We need the most volunteers with the youngest children. So when you volunteer, be sure to arrive a few minutes before the first lunch begins. Thank you in advance for your service.





CAFETERIA RULES

- Walk
- Take turns
- Use indoor voices
- Keep hands to yourself
- Thank God before you eat
- Clean up is every person's job
- Microwaves are available for Middle & High School lunch
(there are a limited number of microwaves for a large number of students)
- Microwaves will NOT be available for elementary students





Christian Academy

SCHOOL SYSTEM
KENTUCKY CAMPUS

Most questions you have about the cafeteria are answered in this booklet. If you find your question is not answered here, please feel free to contact us anytime. We are here to serve you.

English Station Campus

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Cheryl Owen, Food Service Coordinator

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Cala Brooks Cafeteria Manager

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