



Food Service News

Because both Breakfast and Lunch are important parts of the educational day, the Food Service Department provides students with nutritionally balanced, well prepared meals at a reasonable cost.

Lunch is planned to meet one-third of the Recommended Dietary Allowance (RDA). Conscious of the importance of decreasing fat, sugar and salt in our diet, more fresh fruits, vegetables and whole grain items have been included in the daily food choices.

Monthly Menus: appear on the OASD Web Site, Channel 68, and are included in each school's newsletter sent home each month. Printed monthly menus are also available at each cashier station at Hopewell, Penn's Grove and Oxford High Schools.

Free/Reduced Meal Applications: are distributed to each child at the beginning of each school year. If you want to apply during the school year, Meal Applications can be obtained from either the Cafeteria or any School Office.



ALL STUDENTS (and their siblings) WHO QUALIFIED TO RECEIVE FREE/REDUCED MEALS WHEN SCHOOL ENDED IN JUNE, STILL QUALIFY DURING SEPTEMBER or UNTIL A NEW APPLICATION IS SUBMITTED AND APPROVED.

Now families can apply for free or reduced price school meals for their children ***online***. Visit the COMPASS website at www.compass.state.pa.us. If you apply for free or reduced price school meals through COMPASS, you **do not** need to submit a paper application.

Breakfast: is available daily prior to the start of each school day to students in Kindergarten through 12th grade. Secondary students pay \$1.00, while the cost for all Elementary students is 80¢. The Reduced price at all Schools is 30¢.

Lunch: is available daily to all students in Kindergarten through 12th grade. ***NEW PRICES*** Hopewell students pay \$1.85, while the other three Elementary School students pay \$1.60; Penn's Grove and High School students pay \$2.10. The Reduced price at all Schools is 40¢.

Ala Carte Items: A wide range of snacks and beverages are sold at the snacks bars in each school. ***Snacks are not available to students in Kindergarten through Grade 2.*** Many of the snacks are reduced fat, baked, reduced sugar and/or made from whole grains. A variety of beverages include: 100% fruit juices, bottled water and low fat milks.

Computerized Meal System: All schools currently rely on student ID number or your child's finger image to access their meal account. Please see the Cafeteria Supervisor to enroll your child. Visit www.myschoolaccount.com to pre-pay for your child's meals through your checking/savings account with a nominal **\$2.00 transaction fee**.

