Menu notes…..Welcome back!

Student meal price is $2.75 for a complete meal at elementary schools which includes an entrée, 2 vegetable servings, a serving of fruit, and a carton of milk. Middle and High School student meals are $3.00. Students may also purchase milk separately for .50 cents, and we have a variety of low fat, low sugar snacks and frozen desserts that range in price from .50 cents to $1.25, with most items selling for .75 cents.

All of our meals are baked or steamed; we do not have fryers in our kitchens. All of our bread and grain products are whole grain including pasta, rice, sandwich breads, breaded chicken and pizza crust. Students may choose 2 different vegetables with their lunch at no extra charge. Vegetable choices include salads, fresh cut up veggies, steamed veggies, or vegetable soup. Students may choose 1 serving of fruit with their lunch; a second serving can be purchased a la carte. Fruit choices include fresh, canned in light syrup or natural juice, or a 4 ounce serving of 100% fruit juice (offered 2 times per week as a fruit choice). All milk choices are 1% fat or fat free, and all meals are analyzed for their nutritional value and meet the US Dietary Guidelines for this age group.

We encourage prepayment of meals and snacks for your convenience. You may pay by check written out to West Hartford Nutrition Services and send it with your student to school, or pay on line at www.PAYPAMS.com. A nominal processing fee will be charged, and it will take 1-2 business days for the funds to be available in the cafeteria. You can also receive E-mail notification of your child’s account balance at no charge, and check their purchases and account balance at any time.

If a student’s meal account becomes depleted, Nutrition Services will still provide a meal of the student’s choice and inform them that they are borrowing money that day to pay for this lunch. Students will be allowed to borrow for three days only at elementary schools, and one day only at secondary schools, and will not be allowed to borrow for snacks or any a la carte items.

Thank you for your interest and participation in our program. We look forward to serving you.

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