It’s Cool to Eat in School!

Setting up a school meal account for your child is as easy as 1, 2, 3!

1. Each school cafeteria has a data base of all students in the school. We use student ID numbers to identify meal accounts. To activate an account, send cash or a check made out to West Hartford Nutrition Services with your child to school. Be sure to include the child’s name and a note if you want to restrict what can be purchased. You can request lunch only, breakfast and lunch only ($4.00 per day) or meals and snacks. Our snack prices range from .50 cents to $1.25 with most items selling for .75 cents.
2. Another popular option is to pay on line at paypams.com. The system will prompt you through setting up an account and there are a number of free services offered, such as email notification for low balances and automatic payments to the account when it reaches a low level. There is a nominal service fee charged when making payments, all other services are free. Please note that it takes approximately 2 business days for money to transfer onto your child’s account at school after a payment is made.
3. The cafeteria has cards for students to use to reference their ID number. Students enter their number on a key pad at the cash register and the cashier deducts the purchases from the child’s account.

Each day we offer a variety of fruits and vegetables with our entrees. Students may take 2 servings of vegetables and 1 serving of fruit included with their lunch, as well as a carton of low fat or fat free milk – all for $2.75! Encourage your child to take these parts of the meal, they provide needed calories, fiber, and key nutrients for good health and growth. We offer fresh fruit from a local orchard, and our vegetables are served raw with dip, or are steamed or oven-roasted to retain nutrients and flavor.

November’s “Harvest of the Month” is squash! Roasting zucchini (Nov 11) brings out its sweetness, and winter squashes (Nov 20) are loaded with beta carotene for healthy eyes and skin.

We now offer breakfast programs at the start of each school day at Braeburn, Bugbee, Charter Oak, Webster Hill, Whiting Lane and Wolcott. A complete meal is just $1.25 and includes whole grains, lean proteins, fruit and milk. Take the pressure off getting out the door in the morning and have your child join us for breakfast!

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

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 Food Service Director

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