

# CAFETERIA CUISINE

The Student Nutrition Services Department of the Moscow School District provides breakfast, lunch and snacks to more than 2400 students per day.

The high quality, balanced meals served provide the recommended amounts for calories, protein, fat and other nutrients that students need in amounts established by the USDA and at the lowest price in town!

A variety of meal choices, with milk and juice or fruit, are offered each day. Additionally, a vegetarian choice is also offered daily at all grade levels. Fresh fruits and vegetables are served frequently.

Breakfast is served in each cafeteria from the time school opens until the bell rings.

Monthly menus for each school are available on our Website: [www.msd281.org/lunches](http://www.msd281.org/lunches).



# MOSCOW SCHOOL MEALS

- Convenient
- Healthy
- Economical
- Awarding Winning Program
- Farm to School - featuring local foods
- Entrée Options at all grade levels
- Professional and caring cooks



2015-16

# MOSCOW SCHOOL DISTRICT



# STUDENT NUTRITION SERVICES

650 N. Cleveland St  
Moscow, ID 83843

## MEAL PROGRAM

School meals are a convenient, healthy, and economical way to fuel your child's learning process.

Menus (including nutrition information) are distributed to students as well as published on the Moscow School District's Website: [www.msd281.org/lunches](http://www.msd281.org/lunches). Parents are always welcome to join their children for lunch for \$3.85. Please call your student's school office before 9 AM to make reservations.

The Student Nutrition Program uses a computerized system called "Power Lunch" that debits your student's account for breakfast, lunch, or milk purchases.

Meal credits may be purchased from the Student Nutrition Staff before school starts in the morning or during meals.

Meals can also be purchased on-line through the MSD Website by using the "Pay for



Lunch" tab. Funds can be deposited into your student's account in any amount.

Charging for meals is only allowed in emergencies, with a limit of three (3) charges.

When an account is low of funds or if a charge occurs, the cashier notifies the student. Additionally, a note is sent home to keep parents informed of charges.



A registered dietitian, Mimi Pengilly, manages the Meal Program. Please contact her if your child has special nutrition needs such as food allergies. All comments and questions regarding the MSD Meal Program are welcomed and thank you for your support.

## 2015-2016 MEAL PRICES

	Breakfast	Breakfast Reduced Price	Lunch	Lunch Reduced Price
Elementary	\$1.50	\$0.30	\$2.20	\$0.40
MMS	\$1.85	\$0.30	\$2.65	\$0.40
MHS/PCRHS	\$2.00	\$0.30	\$2.65	\$0.40

MILK for those bringing lunch from home is \$0.35.



## FREE & REDUCED MEAL PROGRAM

This program is available to families that qualify based on income and household size. A chart to determine if you may qualify for benefits is located on the MSD Website: [www.msd281.org/lunches](http://www.msd281.org/lunches). Applications are available anytime from the school offices. The Free & Reduced Meal Program is an important source of our funding as well as supporting other educational programs. This confidential program enables the district to keep prices as low as possible.



For Further Information:

Mimi Pengilly, R.D.  
 Director of SNS  
 208-892-1123  
[pengilly@msd281.org](mailto:pengilly@msd281.org)

USDA is an equal opportunity provider & employer.