

# Welcome Back to School

Welcome back to school! Nutri-Serve is excited to start another year at Sterling High School. We are looking forward to seeing your smiling faces this school year.

School meals are important to fuel healthy minds and bodies, and we strive to offer student favorites that are both delicious and nutritious. We can't wait to welcome you back into the cafeteria!

## Why choose school meals?

School meals include nutritious foods including fruits, vegetables, lean proteins, milk, and whole grains. Consistent exposure to a wide variety of foods not only encourages students to try something new, but also helps build lifelong healthy habits and a positive relationship with food. School meals are also a great value. Each lunch meal comes with a **PROTEIN, GRAIN, FRUIT, VEGETABLE, & MILK**. Breakfast comes with a **GRAIN, PROTEIN/GRAIN, FRUIT, & MILK**. Students must take at least 1 serving of fruit or vegetable, but can select up to 2 servings. Where else can you find that kind of deal?

## Where can I find the menus?

Starting this school year, monthly menus will be posted online through SchoolCafe.

[SchoolCafé - STERLING HIGH SCHOOL -NUTRISERVE \(schoolcafe.com\)](https://schoolcafe.com)

While we try our best to follow the posted menu, ongoing supply chain issues necessitate substitutions at times. Please contact us if you have questions or concerns about menu changes or product substitutions. We appreciate your patience, understanding, and flexibility as we work to provide nutritious school meals in this challenging and changing environment.

## Does my child qualify for free or reduced price school meals?

We encourage all parents and guardians to complete a new 2023-2024 Application for Free and Reduced Price School Meals prior to the first day of school. Even if you think you do not qualify, enter an application as the requirements have changed to allow more students access to meals.

## What if my student has a food allergy or other special dietary need?

We take food allergies and other special dietary needs very seriously and work with you and the school nurse to provide a safe meal to your student. If your student has a food allergy or other dietary need, please let your school nurse know prior to the start of the school year so that an appropriate plan can be put in place. If your student is diagnosed with a new food allergy or dietary need throughout the course of the school year, please update the school nurse as soon as possible.

### 2023-2024 Meal Pricing

#### Breakfast

Regular: \$2.25

Free & Reduced: \$0.00

#### Lunch

Regular: \$3.60

Free/Reduced: \$0.00

*\*a la carte & snack options also available\**

For your convenience, **online prepayments** are possible using the site [www.schoolpaymentportal.com](https://www.schoolpaymentportal.com) with your child's student ID. Cash or a check can also be applied to your child's account by any cashier.

## Wishing you a happy and healthy school

Have questions, or just want to say hi? Contact us!

Fran Smith | (856) 784-1333 ext. 4132 | [STE@nsm.com](mailto:STE@nsm.com) | [www.nsfm.com](http://www.nsfm.com)

