

Sonoran Sky Cafeteria FAQ

■ GENERAL INFORMATION

1. What meals are available for purchase at my school?

The Sonoran Sky cafeteria provides breakfast and lunch service.

2. How much do meals cost?

A student breakfast (including entrée, fruit or 100% fruit juice, milk and cereal) costs \$1.00. A student lunch (including an entrée, fruit & vegetable bar choices, juice and milk) costs \$2.00.

3. What beverages are available to my child every day?

Your child will have a choice of the following drinks:

- ✓ 1% and 2% white milk
- ✓ 1% chocolate milk
- ✓ 1% strawberry milk
- ✓ Juice

4. Are items available a la carte?

Yes, items may be purchased individually.

5. Are vegetarian options available?

Yes. All breakfast items are vegetarian, except the 'breakfast pizza' and 'sunrise sandwich'. For lunch, the Sonoran Sky cafeteria offers a fruit & vegetable bar daily. The fruit and vegetable bar includes fresh or frozen fruit, canned fruit, mixed green salad, fresh vegetables and fresh-baked whole-wheat rolls. Offerings will vary slightly on a daily basis. Seasonal fruits and vegetables will be served as available.

■ MEAL PAYMENT

6. What are my options for meal payment?

The following options are available for your convenience:

- A) Pay online via EZSchoolPay.com. Accounts can be set up online at **EZSchoolPay.com** using Visa/MasterCard. The account is set up using the child's student ID number.
- B) Pay cash on a 'pay as you go' basis.
- C) Pre-pay cash by establishing a meal account. Accounts are set up with the cafeteria manager at your school. You can put money on account using cash or personal check.

7. What is EZSchoolPay.com?

EZSchoolPay.com is a secure service that allows PVUSD parents to conveniently

manage their child's school meal account online. Parents can register using an e-mail address, a password, school name or ZIP code, a major credit card and their child's student ID number (if your child does not know his/her ID number, contact the PVUSD Nutrition and Wellness department at 602-449-2274).

8. Can I check the balance of my EZSchoolPay.com account?

Parents can check the balance or add funds to the online meal account at any time. Each student listed in the family's account will keep a separate balance, and checks and cash will continue to be accepted in all school cafeterias for meal accounts.

9. Is there a charge involved with EZSchoolPay.com?

EZSchoolPay.com charges a small service fee (two dollars), which is automatically added to the payment amount, not subtracted from it. Note: Please allow at least 15 minutes for funds to be credited to the student's account once it has been applied.

10. If I create a cafeteria account for my child on EZSchoolPay.com, can other kids or siblings purchase items using that account?

No. Cafeteria purchases are debited according to a student ID number. No child may make purchases on that account except the designated student.

11. Can my child use his/her EZSchoolPay.com account to purchase more than one lunch or breakfast each day?

No; EZSchoolPay.com will not approve more than one breakfast and lunch purchase per day.

12. What if my child forgets to bring lunch money to school?

You can now easily add money to your child's lunch account online at EZSchoolpay.com! To set up an account you will need your child's student ID number and school zip code. Please allow 15 minutes for credit to display on the student's account.

13. If my child has a credit remaining on his/her account, will that credit 'roll over' to the following school year?

Yes. Student accounts are accessed in the school cafeteria using the student's ID number. At the end of the school year, any remaining money stays in the account, allowing student to access funds the following year, even if they attend a different PVUSD school.

■ **NUTRITION and PLANNING**

14. How are meals planned?

Every school in the district participates in the National School Lunch and School Breakfast Program. Meals are planned to be nutritious and 'kid-friendly'. The National School Lunch and Breakfast Program is overseen by the US Department of Agriculture and require that meals served meet the Dietary Guidelines for Americans. Lunch must provide 1/3 of the RDA for calories, protein, calcium, iron, Vitamin A, and Vitamin C. Breakfast must provide ¼ of the RDA of these nutrients. Each year, school menus are analyzed by an outside consultant to ensure these guidelines are met.

15. Are cafeteria meals high in fat?

PVUSD schools serve meals that meet USDA guidelines to provide essential nutrients and 30% or fewer calories from fat.

16. How will I know what the menu is at my school?

Menus are updated regularly and are available for viewing online at www.pvschools.net/nutritionandwellnessweb.

■ **SPECIAL CONSIDERATIONS**

17. How do I apply for free or reduced-price meals?

Applications for free or reduced-price meals are available at every schools front office as well as in the cafeteria. You can also download the application on the **Meal Assistance** page. For faster processing, please return the completed application to the school cafeteria manager.

18. What if my child needs extra time to finish his/her lunch?

If your child requires extra time to finish his/her lunch, it should be brought to the school principal's attention. Most schools allow a total of 40 minutes for lunch (including recess). Lunch schedules are a school-based decision determined by the principal.

19. My child has some food allergies. Is there a way for me to know what ingredients are used in preparation of cafeteria food?

A chart of menu and a la carte items containing common food allergens is available online for your reference (please visit www.pvschools.net to view the Food Allergy Chart PDF file).

20. How can I learn about Free and Reduced-price Meals?

The National School Lunch Program is a program sponsored by the U.S. Department of Agriculture. Through this program, students who meet certain

criteria may be eligible for free or reduced-price meals at their school. For students who qualify for free or reduced-price meals, breakfast and lunch are offered at no charge. This program operates in all the schools in the Paradise Valley Unified School District. Applications are distributed to every student in the district at the beginning of the school year.

Applications also are available at all school cafeterias. If you have any questions about the free and reduced-price meals program, please contact the PVUSD Nutrition & Wellness Department at 602.449.2274.