

# Frequently Asked Questions

## about our school meals program

USDA is an equal opportunity provider and employer.

Should you have concerns in regards to discrimination, please review the full USDA Policy on the Child Nutrition website:  
[www.isd709.org/departments/child-nutrition](http://www.isd709.org/departments/child-nutrition)

# Welcome to School Dining

## Secondary School 2022 - 2023

### **Q: What's for lunch?**

**A:** We offer three to four lunch options every day that includes a premium entrée, skim or low fat milk, plus a selection of unlimited fresh fruits and vegetables. A non-meat entrée is available daily. All of these options are part of the National School Lunch Program.

### **Q: How do I pay?**

**A:** We use a computerized prepay system called PayPAMS so students don't need to bring cash for cafeteria purchases. At check out, students enter a PIN (personal identification number). The student's picture is displayed on the screen so our staff can identify the student.

Parents may prepay using the following methods:

1. Visit the PayPAMS website at [www.paypams.com](http://www.paypams.com) to pay by credit card. This service offers a "low balance" e-mail reminder and information on all cafeteria purchases made by your student. There is a fee of \$1.95 per transaction.
2. Give your student an envelope with cash or a check made payable to **Child Nutrition** to drop in the cafeteria or office. Please include the student's name and student ID number on the envelope or the check memo line.

### **Q: Where do you post the menu?**

**A:** The daily menu is posted in the school cafeteria. Monthly interactive menus can be found at <https://www.myschoolmenus.com/instance/782/district/778>. You can also access our menus by downloading the My School Menu app for your smartphone or iPad.

### **Q: Are your meals healthy?**

**A:** Yes! All menus are analyzed to meet the nutritional requirements for secondary school-age students, including calories, saturated fat, trans fat, and sodium. We are proud to offer a wide variety of colors of fruits and vegetables, whole grain-rich bread products, as well as low fat and skim milk options every day. Full nutrition and ingredient information can be found on our interactive menus or on the My School Menu app.

### **Q: Will a meal fill up my student?**

**A:** Eating all foods that are part of a complete meal will provide an age-appropriate amount of calories and should fill up your student, but they may purchase additional a la carte items or enjoy free unlimited fresh fruit and vegetables.

### **Q: Who do I contact with more questions?**

**A:** Visit us at [www.isd709.org/departments/child-nutrition](http://www.isd709.org/departments/child-nutrition). This will bring you directly to the Child Nutrition main website. You may also call us at 218.336.8707.

*We look forward to serving you this year!*