

## MEAL PRICES 2009-2010

### BREAKFAST

PAID	\$1.00
REDUCED	\$ .30

### LUNCH (ELEMENTARY)

PAID- regular	\$1.85
PAID- premium	\$2.85
REDUCED	\$ .40

### LUNCH (MIDDLE & HIGH SCHOOL)

PAID- regular	\$2.15
PAID- premium	\$3.15
REDUCED	\$ .40

### THE BENEFITS

- Control: You know exactly where your money is going when you pay by check or online, since the entire amount of the payment is deposited in this account.
- Eliminates overt identification of Free or Reduced students.
- Eliminates students selling or losing their Free/Reduced lunch tickets or cash.
- The serving lines move much faster which allows more time for lunch.
- Keeps track of each student's purchase history for parent inquiries.

## HOW DOES THE QSP SYSTEM WORK?

- Every student has an account in the cafeteria that can be accessed by their PIN (Personal Identification Number).
- At meal time, the student enters their PIN and the computer accesses the student's account. If there is money in the account, the purchase is deducted, eliminating the need for students to carry money to school with them every day.

## HOW DO I PUT MONEY INTO MY CHILD'S ACCOUNT?

[PayForIt.net](http://PayForIt.net)

A recent addition is on-line pre-payment and account management. Parents now have the ability to pay on-line and manage their child's account, including spending history, low balance notification and spending limit settings. Through the North Allegheny School District website, parents can link to PayForIt.net for this service. Or, students can still bring a check made payable to NASD cafeteria fund. Cash is acceptable but CHECKS are preferred. All deposits are to be taken to the cafeteria and given to the cashier. Money can be deposited anytime for any amount- weekly, monthly or annually. The cancelled check will serve as your receipt.

## WHAT IF MY CHILD IS ELIGIBLE FOR FREE OR REDUCED MEALS?

If your child is eligible for FREE meals, the computer will read the student's PIN, act as if the student has cash in the account and will not ask for money. For the reduced meals, it will recognize the student is to be charged the reduced meal price and deduct from the student's cash balance.

## WHAT CAN MY CHILD PURCHASE WITH THE ACCOUNT?

- Students can purchase any food item in the cafeteria just as they have in the past- full meals or ala carte items.
- Money in the student's account can only be used for cafeteria purchases.
- Upon request, restrictions can be applied to student's account for the purchase of meals only.

## HOW DO I OPEN AN ACCOUNT?

- It's easy! Every student already has an account. A PIN notification letter should have been sent home with your child.
- Make an initial deposit via check, cash or online.
- At lunch time, your child will enter the line as they have in the past and make their selections.
- The cashier will ask them to enter their PIN number and the student's picture will appear.
- If the student has available funds in his account, the transaction will take place immediately.

# NORTH ALLEGHENY LUNCH PROGRAM

The number one priority of the North Allegheny School District's food service program is to provide nutritious, well-balanced meals to all of its students with the focus on quality, variety and appeal.

In order to achieve this goal, we purchase certain products that must meet the child-nutrition criteria (CN label products), or we follow recipes that are approved by the United States Department of Agriculture (USDA).

Our school lunch meals are in accordance with the strict nutrition regulations of the USDA specifying that meals must have less than 30% from fat and less than 10% calories from saturated fat over the course of the week.

## HELPING STUDENTS LEARN TO EAT IN A HEALTHY WAY

Healthy eating is following the Dietary Guidelines for Americans recommended by the Department of Agriculture and the Department of Health and Human Services.

### AIM FOR FITNESS...

- Aim for healthy weight.
- Be physically active each day.
- Exercise regularly.

### BUILD A HEALTHY BASE...

- Eat a variety of foods.
- Choose a daily diet with a variety of grain products, vegetables and fruit.
- Choose a diet moderate in sugars and salt.
- Choose a diet with 30% or less of calories from fat and less than 10% of calories from saturated fat.

### CHOOSE SENSIBLY...

- Chose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugar.
- Choose and prepare foods with less salt.



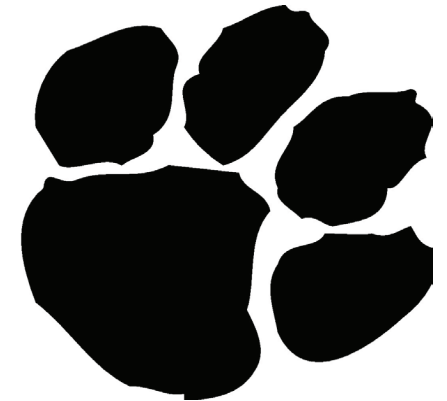
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