

Other Important Things You Should Know...

1. Most schools serve breakfast 20-30 minutes before school starts.
2. If you qualify for Free or Reduced Lunch you also qualify for Free Breakfast.
3. Students are offered a wide variety of fresh fruits and vegetables every day, along with prepared canned and frozen fruits or vegetables.
4. Parents are always welcome to have breakfast or lunch with their students. D11 Adult prices are \$1.50 for breakfast and \$2.75 for lunch.
5. You can pay for multiple meals ahead of time or pay on-line instead of sending money with your students every day.
6. You can pay for multiple students in the same school with one check. Make sure you have their first and last names and ID number.
7. You can pay with cash, checks, and money orders at school or with a credit card on the District 11 website.
8. You can call the cafeteria before 2 pm every school day with any questions about our meal program or your student's account, including getting their ID number or account balance.
9. Secondary schools **do not** allow students to charge. Please have your student keep track of his/her balance or check this online.
10. Students who qualify for "Free" or "Reduced" price meals must take a "complete" full meal in order to take advantage of their "free" or "reduced" status. Otherwise, a la carte prices will be charged.
11. Most A la Carte snack items cannot be included in the "full meal" definition for "free" or "reduced" status. Please ask an adult for assistance if you have questions.

Other Frequently Asked Questions and Answers may be found at our web site:

www.d11.org/fns/faq.htm



Top 10 ways to get your lunch FASTER:

1. **BRING YOUR ID CARD!!!**
2. Have your money ready.
3. Write your name & ID number on checks.
4. Make prepayments during Breakfast.
5. Speak Clearly.
6. Know what you want.
7. Keep noise down, use "inside voices."
8. Be nice to the servers behind the line.
9. Do not cut in line, and do not allow cutting.
10. Memorize your ID number, but you should always bring you card!

In an effort for continuous program improvement, we would appreciate hearing from you. We have several avenues for communication.

We list them below:

From your computer:

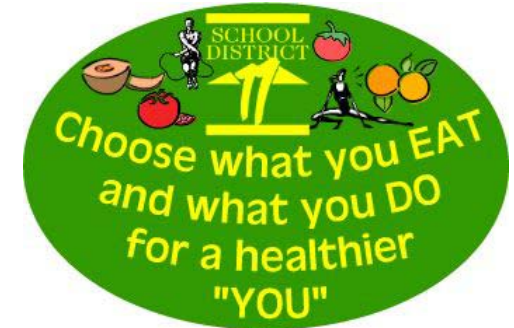
<http://www.d11.org/fns/rantsandraves.htm>

By mail:

5260 Geiger Blvd., Colorado Springs, Co 80915

From your telephone:

719/520-2924



For District 11 Secondary School Students
(and their parents)

School Year 2009-2010

(updated August 2009)

D11 School Board policy requires that all secondary students carry a D11 ID while on D11 property or when being transported by D11 vehicles.

Students receive a new ID card each school year. The ID number assigned to each student will remain the same throughout his or her enrollment in D11. This card and number should be kept safe and should not be shared with others. Treat it like cash!

Students must use their ID card at the cashier station, as they come through the lunch or breakfast line to use their meal account. Students paying cash will not show their ID to the cashier.

Paying for Meals at School!

Our computer system allows parents to pre-pay for their student(s) meals. Eligibility status is kept completely confidential with this system. Meals will be recorded when the ID card is read on the cashier's bar code reader. Students may deposit money on their cafeteria account and the amount of their purchase will be automatically deducted from the account. Money may also be deposited on the account for A la Carte or snack purchases. Any credit applied to an account will follow from D11 School to D11 School as students proceed through the D11 school system.

This meal system allows the lunch lines to move faster and provides improved accounting of student meals and funds. You may pay for several children in the same school with one check. PLEASE WRITE STUDENT (S) FIRST AND LAST NAME (S) AND ID NUMBER(S) ON ALL CHECKS. You may call the school kitchen for a printout of account activity and balances at any time, before 2 p.m. Please allow for peak service times.



You may also pay for School Meals with your MasterCard or Visa... online at:
WWW.CSSD11.K12.CO.US/FNS/PREPAY.HTM

The FNS Department will be notified of your payment and any payments made before midnight are available for your student's use at their cafeteria the following day. You must have the student I.D number when paying on-line. *Please Note: You may view your student's meal account balance online even if you don't wish to pay online.*

Student Meal Prices are:

Middle and High School Breakfast:

\$1.20 full price; \$0* reduced*; free

** Breakfast is now free to students who qualify for "reduced priced" meals.*

Middle School Lunch:

\$2.10 full price; \$.40 reduced; free

High School Lunch:

\$2.35 full price; \$.40 reduced; free

No charge Policy

Cafeteria charges are not allowed. Please keep track of your own balance. We do not send letters home to the parent/guardian when the balance is low.

How can students get Free or Reduced price meals?

Children need healthy meals to learn. Colorado Springs School District 11 offers healthy meals every school day. It may be possible that your children qualify for free or reduced price meals. A student's Free, Reduced, or Full-pay status on the last day of the last school year will remain in the same status for the first 30 days of the new school year. However, you must complete a new application each year, unless you receive a letter notifying you that you have already been re-certified. Be sure to retain your letter of approval for later reference. All District 11 registered homes will receive a new application form in the mail in early August. Applications are also

available in school offices. Remember that if you qualify for free or reduced price meals, the eligibility is the same for lunch and breakfast*.

Wellness Initiative

Our District wide "Wellness Initiative" provides a host of positive lifestyle messages regarding healthy eating habits. Recognizing the importance of proper nutrition to support performance and lifelong health, District 11 adopted a sustainable approach to menu development at school. This includes more Colorado grown produce when possible and balanced choices for snacking that supports preventive measures against a range of health issues plaguing America's youth. More information on healthy meals and snack choices may be found at www.d11.org/fns/ or by calling Food and Nutrition Services at 520-2924.

"Get Out of Bed and Feed Your Head."

Breakfast is served in selected cafeterias daily before school. A nice variety of hot and cold breakfast items are served each weekday. Egg-O-Bagel w/Sausage & Cheese, Bagel & Cream Cheese, Egg-O-Muffin w/Ham & Cheese, Cereal & Toast, Pancake & Sausage, Biscuit & Gravy, are some examples of entrees. Assorted fruits, 100% Juice, and Milk complete the meal.

A Lunch program designed with students in mind! Healthy lunch choices:

The daily lunch special is posted in each cafeteria and on our web site at www.d11.org/lunch.htm for you to view. In addition, schools offer Fresh Salads, Sub Sandwiches, Pizza, Chicken Nuggets, Hamburger, Cheeseburger, Chicken Patty Sandwich, and more daily. A wide variety of fresh, canned and frozen fruits, vegetables and whole grain products are offered along with a selection of milk to complete healthy meal. We also offer a variety of healthy choices in A La Carte.