

## Rapid City Catholic School System

☛ The RCCSS Food Service Department provides a well-balanced, nutritional hot breakfast and lunch program for students, staff and guests, which follow our Wellness Policy and the National School Breakfast and Lunch Requirements.

☛ **Meal Prices 2015/16:** Breakfast – PreK-12<sup>th</sup> -\$2.10, Adults - \$2.60  
Lunch – PreK-5<sup>th</sup> - \$2.60, MS 6<sup>th</sup>-8<sup>th</sup>- \$2.85, STM HS 9<sup>th</sup>-12<sup>th</sup> -\$3.10, Adults -\$3.60 .

☛ **Payments and Charges:** Lunch payments can be mailed or dropped off in any of the main offices or in the business office. Payments for multiple students can be made on one check, please indicate how much you would like to apply to each student in the memo. Please put your child's full name in the memo. Our policy will remain that we will allow a lunch account to charge up to negative \$25 before we put a hold on the account. Cold cereal and milk will be offered for those accounts over negative \$25. All Accounts must be positive the last 2 weeks of school. We will not serve any account that has a negative balance. At the end of the year all balances are rolled over with the student to the next grade. If your student is a senior it will either be refunded or transferred to a sibling. If you are leaving RCCSS, a balance of \$5.00 or more will be refunded. If you have a balance less than \$5.00 and want a refund, please contact the Food Service Director.

☛ **myschoolbucks.com:** Payments can also be made online at [www.myschoolbucks.com](http://www.myschoolbucks.com). Setting up an account is free and easy. To set up an account, please request your child's unique ID from either the school's office or from the Food Service Director. Middle School and High School students know their ID numbers and the numbers are posted at the top of any email notices received from the Food Service Dept. Please be sure to choose your student's school from the drop down box, enter their name and ID number. Each child has their own individual account and will not share a balance with siblings. You will NOT be able to transfer money between siblings online, please contact the Food Service Director for transfers. Viewing your child's account balance, purchases and setting up email balance alerts is free. To make a payment online there is a \$1.95 service fee and a \$120 deposit limit.

☛ **Free and Reduced Application:** Applications are available on the school's website at [www.rccss.org](http://www.rccss.org) or in any of the main offices. This is a federally funded program and is a very vital part of our lunch program. If you feel that your family may qualify for free or reduced meals, please fill out the application as soon as possible and return it to the attention of the Food Service Director at any of the school's offices or by mail. You will pay full price for your meals until your application is returned and approved. If you have any questions regarding this application you may call the Food Service Director. Remember – all information on the application is kept confidential and all students on the program are kept confidential.

☛ **Special Dietary Needs:** It is required by the State of South Dakota to have on file, a medical statement for students with food allergies. This needs to be updated annually and signed by a Medical Doctor. If your child has any food allergies, you may pick up this form from the main office. It is also available online and at the time of registration. Handwritten notes or statements signed by parents are not accepted.

☛ **Competitive Foods:** Students are welcome to bring their own lunch from home and milk is available for purchase. The National School Lunch Program does not allow competitive foods in the cafeteria when hot lunch is being served. Competitive foods consist of fast food, pizza, candy and pop. Please do not send or bring these items into the lunch room.

**☞Joining your child for lunch:** Parents are always welcome to join us for lunch. To ensure that we have prepared enough food, please call the office by 9:00 a.m. with the number of meals needed and the appropriate lunch period. Please check in at the main office upon your arrival.

**☞Lunch Line Information:** Breakfast - A meal includes 4 components; grains, fruit, meat/meat alternative and milk, required to take 3 items for the meal price. Students must choose a ½ cup of fruit at breakfast for their meal to be complete. Fruit choices include; juice, fresh fruit, canned or dried fruit. Students may purchase individual items offered, including – drinks, fresh fruit, cereal, cereal bars, rolls, muffins, bagels, yogurt, string cheese, fruit juices, english muffins, oatmeal, and granola.

Lunch - A meal includes 5 components; meat/meat alternative, grains, fruit, vegetable and milk. Students in grades PreK-5<sup>th</sup> are served all 5 components. Students in 6<sup>th</sup>-12<sup>th</sup> have the option of choosing what items they would like to make their meal. The daily menu and components are posted at the serving line. Students in grades 6<sup>th</sup>-12<sup>th</sup> are required to take 3 components for the meal price and one must be a fruit or a vegetable. If they do not take the required meal items, they will be charged at the a la carte pricing for the items they picked. Second entrees are priced at \$1.00-2.50.

A la carte items – The STM cafeteria offers several a la carte options for students to choose from, including; fresh salad bar items, fresh fruit, side or chef salads, turkey wraps, yogurt parfaits, apples with peanut butter, caramel or fruit dip, soup, granola bars, breakfast bars, chex, pretzels, fruit snacks, muffins, banana bread, ice cream treats, PB&J, whole grain cookies, cheese, crackers, baked chips, beverages – water, milk, tea, juice, Bai, Propel, Sobe and G2. The turkey wrap, chef and side salad can be combined with additional meal components to make a meal. These options are posted on the salad bar at the STM cafeteria. All of our A la carte items meet the USDA guidelines for Smart Snacks In School. Prices are posted online.

After School Snacks – The STM cafeteria offers after school healthy snack sales until 4:00 p.m. Students use their lunch accounts to purchase; fresh fruit smoothies, protein shakes, beverages, fresh fruit, wraps, salads, string or cube cheese, crackers, chex mix, popcorn, fruit snacks, muffins, banana bread, yogurt, apple cups, yogurt parfaits, PB&J, Raisins, granola/breakfast bars.

**☞Lunch Cards/ID Numbers:** Every student in grades PreK-5<sup>th</sup> are issued a lunch card, held in our care. Cards are dispersed to the students prior to the lunch meal service and are collected by the Food Service Staff in the cafeteria. Students in grades 6-12<sup>th</sup> are issued a lunch ID number that remains with them from year to year. After making their meal selections, the ID number is entered on a pin pad at the cashier stations. This ID number is the same number that is required for setting up an account online at [myschoolbucks.com](http://myschoolbucks.com)

**☞Menus:** School menus are posted monthly on our website.

Thank you for your continued support of the School Lunch Program. If you have any questions or concerns, please feel free to contact me.

Thank you!

Barb Fritz  
Food Service Director  
Rapid City Catholic School System  
[bafritz@rccss.org](mailto:bafritz@rccss.org)  
(605)716-5213 ext. 401