



We're Here To Serve You

Student Nutrition Services
2022-2023

Free & Reduced Information, Benefits, & Status Are All Online!

Apply for free & reduced meals beginning
July 7, 2022 at

www.sdpcnutrition.com

Check your free & reduced application status beginning **July 28, 2022** at
www.school lunchstatus.com

- Select *South Carolina* and then *School District of Pickens County* from the dropdown menus;
- Enter the required information;
- Click *Submit* to view your status.

Safe & Secure

We use the highest level of data encryption available so that your information is always safe and guarded.

Private & Available

Apply online in the comfort and privacy of your own home. The online service is available 24/7 anytime, anywhere there is an Internet or data connection!

Fast

Your application is transmitted to the SDPC Nutrition Office the same day you apply, allowing for quicker processing so you can receive benefits faster.

Go Green

No more paper applications to complete and return to the school office! Applying online is so convenient and good for the environment as well!



mySchoolBucks.com

gives parents direct access to their children's meal accounts!

Set up your account & log on to...

- view & print transaction history
- check to see how much money is in an account
- set spending limits
- make deposits to the meal account
- set reoccurring payments by amount & date

Find out more by visiting our website at
www.sdpcnutrition.com

When a student's meal account balance falls below \$5.00, a ParentLink message is sent to the parent. Messages are sent on Tuesdays.

Our website has all the information you need — menus, nutrition tips, mySchoolBucks.com, and free & reduced meals online application & status check. We're one click away at
www.sdpcnutrition.com



What is a meal?

- Lunch (5 items) – meat/meat alternate, vegetable, fruit, grain/bread, milk
- Breakfast (4 items) – meat/meat alternate, fruit, grain/bread, milk
- USDA policy requires a student to have 3 of the 5 meal items at lunch and 3 of the 4 meal items at breakfast. For lunch and breakfast, one of the 3 items must be a fruit or vegetable. Otherwise, the student will be charged the individual price of each.

Meal Prices

| | Breakfast | Lunch |
|-----------------------|-----------|--------|
| Student (Elementary) | \$1.50 | \$2.10 |
| Student (Middle/High) | \$1.50 | \$2.35 |
| Reduced | \$0.30 | \$0.40 |
| Adult | \$3.10 | \$4.85 |
| Extra Milk | \$0.60 | |

Charges

- * Students may charge no more than \$10.00 in meals.
- * Students with negative balances can't purchase special items.
- * If students have negative \$10.00 balances, they are served alternate meals until the balances are paid.
- * If students on free meal status have negative \$10.00 balances, they will receive regular meals.



Special Sale Items

| | Student | Adult |
|---------------------------------|---------|--------|
| Lunch Entree Only | \$2.35 | \$3.00 |
| Breakfast Entree Only | \$1.50 | \$2.00 |
| Fruit: Fresh or Canned | \$1.00 | \$1.00 |
| Vegetable: Fresh or Canned | \$1.00 | \$1.00 |
| Baked Potato: Butter Only | \$1.50 | \$1.50 |
| French Fries | \$1.00 | \$1.00 |
| Macaroni & Cheese: One Cup | \$1.25 | \$1.25 |
| Roll or Biscuits | \$0.50 | \$0.50 |
| Desserts | \$0.75 | \$0.75 |
| Yogurt | \$0.75 | \$0.75 |
| Salad Dressing; 1.5 oz | \$0.50 | \$0.50 |
| Baked Chips | \$0.75 | \$0.75 |
| Cookie (Each) | \$0.50 | \$0.50 |
| Toast (2 Pieces) with Jelly | \$0.50 | \$0.50 |
| Biscuit (1) with Jelly | \$0.75 | \$0.75 |
| Milk | \$0.60 | \$0.60 |
| Cup of Ice | \$0.10 | \$0.10 |
| Bottled Water: 8 oz and 16.9 oz | \$0.50 | \$0.50 |
| Juice 4 oz | \$0.50 | \$0.50 |
| Tea | \$0.60 | \$0.60 |
| Cheese Stick | \$0.50 | \$0.50 |
| Specialty Cookie—Fudge or Iced | \$1.00 | \$1.00 |