



## FOOD SERVICE DEPARTMENT

NISD's Food Service department is committed to the health and well-being of our students by offering nutritious breakfast & lunch meals. At elementary and middle schools, all meals must meet the Recommended Daily Allowance established by the USDA and the Texas Department of Agriculture. We research and evaluate every recipe in our menu to ensure they meet nutrition requirements measured by the following categories: **Saturated Fat, Total Fat, Calories, and Sodium**. For further details on the Texas Public School Nutrition Policy please refer to the full policy at [www.squaremeals.org](http://www.squaremeals.org).

## SCHOOL MEALS

We offer breakfast and lunch combo meals daily at all NISD Schools. Students on the Free & Reduced program may receive 1 Breakfast & 1 Lunch Combo Meal daily for their free or reduced-rate.

### Breakfast Combo Meal

#### **Breakfast Pricing Guide:**

**ES/MS Breakfast:** \$1.35 | Reduced Students (all grades): \$0.30 | Free Students: Free | Adult: \$2.00

Elementary & Middle School Breakfast Combo Meal:  
MUST choose 3 items and 1 MUST be a fruit. A "Pick 2" entree, counts as 1 food item.

**HS Breakfast:** \$3.00 | Reduced Students (all grades): \$0.30 | Free Students: Free | Adult: \$3.00

### Lunch Combo Meal

#### **Lunch Pricing Guide:**

**Pre-Kindergarten | Elementary Students:** \$2.75

**Middle School Students:** \$3.00 | Reduced Students (all grades): \$0.40, Free Students: Free | Adult and/or Visitor: \$4.00

Must choose 3 of the 5 food components (food groups). A fruit, juice or veggie must be taken. May only choose 1 entrée. Entrees count as two food components: grain & meat/meat alternative. May choose up to 6 different items.

**High School Students:** \$5.00 | Reduced Students: \$0.40 | Adult and/or Visitor: \$5.00



**Fruits**



**Veggies**



**Grains**



**Meat /Meal Alternatives**



**Dairy/Milk**



### **MEAL PAYMENT OPTIONS**

School cafeterias accept cash and check payments. Payments may be sent to your child's school to be deposited into his/her account. Credit cards are accepted online through My School Bucks, but payments take 24 hours to appear on your child's meal account.

At My School Bucks, parents may access their child's meal account online, view payment balances and apply money using a Visa or MasterCard. Online payments will be charged a convenience fee of \$2.49 per transaction. All online payments take 24 hours to appear on your child's meal account.

#### **Create A My School Bucks Account**

1. Go to [www.myschoolbucks.com](http://www.myschoolbucks.com).
2. Create a user profile by clicking on the "Start Here" button on the home page.
3. Add students to your household - you will need the child's name, birth date and student ID.
4. Now you are ready to make payments.

#### **OUR SCHOOL MENUS ARE DIGITAL!**



### **MENUS**

Menus are available online at [www.nisdtx.org/menus](http://www.nisdtx.org/menus). Monthly and daily menus

are also posted in each school cafeteria and on our website.

### **STUDENTS WITH SPECIAL DIETARY NEEDS**

Our department will make food substitutions or modifications for students with disabilities for normally scheduled meal services. The substitutions or modifications for children with disabilities must be based on a prescription written by a licensed physician that explains the disability and specifies substitutions to be made. A physician must also provide written notices of changes or deletions to diet orders. The Food Service Department is not required to provide substitutions or modifications for children who do not meet the criteria for "disabilities with medically certified special dietary needs."

### **Northwest ISD Food Service Department/Aramark**

# DELICIOUS, NUTRITIOUS & **FREE** SCHOOL MEALS? IT MAKES MEAL SENSE.

Helping your child eat right may be easier than you think. Free & reduced-price school meals like breakfast and lunch are provided to students whose families meet certain income requirements. Apply today to ensure that your child has a healthy school meal every day. It helps them perform better and saves you money.

*Applications are available online, the food service office and at all NISD school campuses.*

## APPLY ONLINE



- **Go to <http://northwestisd.schoollunchapp.com>**
- Please follow the application directions carefully so your application can be processed quickly. If you have more than one child attending NISD schools, combine their names on one application.
- A new application must be completed each school year.
- If your children received free or reduced-priced meals last school year, they will automatically receive the meal benefits for the first 30 days of school. After 30 days, only students who submitted a 2020-2021 application and qualified for the program will receive free or reduced-priced meals.
- An application cannot be approved until all requested fields have been completed and signed by an adult household member.
- If your Pre-K child was automatically enrolled on the free and reduced program, your other children will **NOT** automatically be on the program. You must complete an application for all other children.

## CHECK YOUR APPLICATION STATUS ONLINE



- **Go to [www.schoollunchstatus.com](http://www.schoollunchstatus.com)**
- New students will not appear in the online system until the school completely enrolls the child into their system. If you have multiply children on the program, the child who is new to the district will not appear with the siblings until the school fully enrolls the child.
- If your child is enrolled at Northwest ISD the application status is typically available within 48 hours after submitting your completed online application.

## FREQUENTLY ASKED QUESTIONS

**Q: Do I have to provide proof of income with my application?**

A: You only have to provide proof of income if you are applying for Pre-K with your child's school. However, families are randomly selected for income verification once a year. Families that are selected will have to provide proof of income or will be dropped from the program.

**Q: If my child was on the program last year, do I need to complete another application?**

A: Yes, a new application must be completed each school year. If you received free/reduced-priced meals last year, your children will continue to receive meal benefits the first 30 business days of school. During that time, a new application must be completed for free/reduced meals to continue. If a new application is not submitted, your child will be dropped from the program after the 30 day grace period.

**Q: What type of income should be included on the form?**

A: All types of income must be included: employment income, social security benefits, child support, etc. You must report how often it is received.

**Q: What if I need additional assistance?**

Please contact Vivian Lago-Matos, Office Manager and Free & Reduced Specialist,  
at [Vivian.lagomatos@nisdtx.org](mailto:Vivian.lagomatos@nisdtx.org), (817) 215-0007.

**Northwest ISD Food Service Department/Aramark**

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