

## Nutrition Nuggets

- Choice of fresh fruits and vegetables are offered every-day
- We offer whole grain pizza, rolls and other whole grain rich bread items
- Low fat or fat free flavored milk available every-day
- We served 183,549 Lunches from Sept 2015 thru June 2016
- Pelham is a member of the NH Buying Group representing 38 school districts and nearly 75,000 students to ensure great pricing and quality.
- Our goal is to serve high quality, nutrient dense foods that students enjoy.

## Contacts

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### Elementary School Manager

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### Middle School Manager

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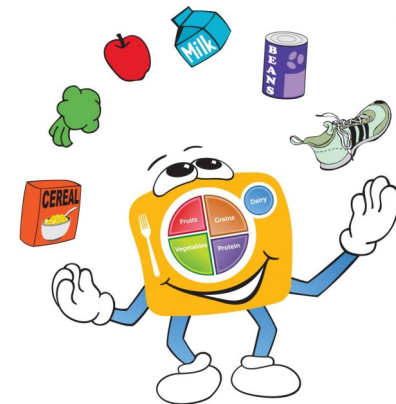
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## Pelham Nutrition Service

Eat Healthy, Grow Healthy



61 Marsh Road  
Pelham, NH 03076  
635-7384

Website:  
[www.pelhamsd.org](http://www.pelhamsd.org)

# Nutrition Service 101

The Pelham Nutrition Service Department provides a nutritious lunch and milk for students on a daily basis. The meals we plan must meet the US Department of Agriculture's nutrition and sanitation guidelines which comply with the US Dietary Guidelines. We work each day to provide the freshest and most nutrient dense meal that the children will enjoy. Our team is committed to making lunch fun and enjoyable for each child.

During the school year we have various promotions for the students which include taste testing new items, veggie of the day, Ms. Vegetable, nutrition trivia and holiday theme days.

We continually research ways to become increasingly environmentally friendly, which includes minimizing our waste, maximizing recyclable items, composting in our kitchens and evaluating the use of earth conscious products.

The following information will provide you with more details about the various facets of our program.

We always welcome feedback from students and parents. If you have any ideas, questions, concerns, please contact us at 635-7384 or you can visit our website at [www.pelhamsd.org](http://www.pelhamsd.org).

**We now offer Hot Breakfast at the Memorial and High School!**

Have a great school year!  
The Nutrition Service Team



Pizza on whole wheat crust is a popular meal.

## The Lunch Line

Each student has a Nutrition Service debit account which they use to purchase lunch (includes milk), all Cart items at the Middle and High School or a milk to go with their lunch brought from home. When your child is purchasing lunch, he/she will either use an identification card at the Elementary School or an ID number at the Middle and High School.

Lunch menus are planned guidelines per the USDA requirements. Each day we offer a Menu Meal or Pick a Lunch at the Elementary School, Menu Meal or a Sub/Salad Meal at the



## Fruits & Veggies

providing an array of healthy options. The children must choose a minimum of 3 food groups or they can take items from all the 5 food groups. One of the necessary 3 items MUST be a fruit or vegetable in order for the meal to be reimbursable. By allowing the children these choices, it helps to ensure they will eat what they take as well as reducing waste. If a fruit or vegetable is not taken the non-reimbursable price must be charged.

## Payment

We accept cash, check and or money order which can be sent to school with your child at any time. Please be sure to put your child's full name with payment, the more information the better. If you have multiple students within the district you can send in one payment, but you MUST include the student's name and which school they attend.

We offer free online Nutrition Service accounts at K12paymentcenter <http://www.k12paymentcenter.com/default.aspx>. The online account can be monitored at your convenience and set to send email reminders when an account balance is getting low. You may also see your child's lunch purchase history. Please contact the Nutrition Service Office to get your child's identification number needed to set up

the account. Credit card payments are accepted through the online account. There is a transaction fee paid to MealsPlus. This fee is not retained by the School District.

## Forgot to Send Money?

Don't worry, we will provide your child with a lunch. As stated in the Pelham School District Policy "If an elementary student's account becomes \$4.00 past due, they will not be able to purchase an extra milk or water. The parent/guardian will be notified by the office that the account must be paid in full. If a middle school student's account is past due for 2 meals, the child will be offered the alternate meal until the account is paid in full. High school students will not be allowed to charge, but will be offered an alternate meal. An alternate meal consists of a sandwich, fruit, vegetable and milk. Alternate meals are charged to your child's account at the regular meal price. Please note: that if a student's account is negative at any point at the high or middle school they may NOT purchase all Cart items; only complete meals. Alternate meal are available to all students on a daily basis, regardless of account balance.

## What's the Balance of the Account?

Notices are sent home every Friday at the elementary school with a low balance reminder if your child's account has a remaining balance of \$10.00 or less or your child's account is negative. At all three schools both phone calls and emails to parents are done on a weekly basis for those students accounts that are negative. Bills of those students who owe \$8.00 or more are mailed home on Friday. K12 Payment center is a great resource to use when it comes to keeping track of students account. Through this site you can see your child's purchase history and set up text or email alerts when you are getting low

## Free & Reduced Price Meals

Each year, the Nutrition Service Program makes applications available for families who may have a need for free or reduced price meals. These applications are located in the school main office or online at [www.pelhamsd.org](http://www.pelhamsd.org), under the nutrition services section. All information is kept confidential. Students receiving these benefits are not identified in the lunch line or at any time. Families can apply for this benefit at any time throughout the school year.

## Allergic?

If your child has a food allergy and he/she would like to purchase lunch, please contact the Nutrition Service Department and the school nurse. There is a specific form that must be completed. Once the form is submitted a plan will be developed to accommodate the child's unique situation.