

## 10 Things to Know About Your Cafeteria

Methacton School District

1. Breakfast is available to all students, every morning in the cafeteria. Students can stop by for delicious hot and cold whole grain breakfast options along with fresh fruit and milk to power up their day! Breakfast offerings include yogurt, pancakes, egg and cheese breakfast sandwiches, cereal and milk, blueberry muffins and more.
2. Families that qualify for free or reduced priced lunch **also** qualify for free or reduced priced breakfast (\$0.30).
3. Students must select a serving of fruit or a 4oz 100% fruit juice to make a meal deal for breakfast. For lunch, students must select a serving of fruit, vegetables or a 4oz 100% fruit juice to make a meal deal. Meals without a fruit or vegetable will be charged a la carte pricing.
4. Hummus Pack is a daily lunch option at all grade levels and includes hummus cup, soft pretzel, fresh veggies and a string cheese. **Allergen Alert: Hummus contains SESAME**
5. More than ½ of our bread offerings served are whole grain rich, ensuring adequate fiber and other essential nutrients.
6. All a la carte items sold meet the USDA's Smart Snack guidelines which limit the amount of calories, sodium, fat and sugar and require that all grains be whole grain rich.
7. Money can be added to a student's account multiple ways:
  - ✓ Add funds to the account online at [My School Account](#). A small fee is charged by the vendor to use this option.
  - ✓ Mail a check or money order made out to Methacton School District to the following address:
 

Food Services at Methacton School District  
4001-A Eagleville Road  
Eagleville, PA 19403
  - ✓ Pay by cash or check directly to a cafeteria staff member, asking that the funds be added to the account. Money may also be handed to your child's teacher. Please send cash or check in an envelope labeled with the student's first and last name.
8. The benefits of using [My School Account](#) include:
  - Increased speed of service through the lunch line
  - Parents may sign up for low balance reminders, monitor student purchases and account balance, and transfer funds between students
9. Visit our website for printable lunch and breakfast menus, information on how to apply for free and reduced meals, nutrition information and more: [Methacton School District - Aramark](#)
10. We welcome feedback from parents, students and teachers! For comments and questions please contact:
 

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