

CAFETERIA FAQs

What are meal and milk prices?

2018-2019	LUNCH
Elementary school students	\$3.25
Adults	\$4.50
Milk, 1/2 pint	\$.60
Water, 8 oz.	\$.50
Water, 16 oz.	\$1.00

Lunch and a La Carte prices on FCPS website: <https://www.fcps.edu/node/31166>

What is offered to my child as part of the regular lunch meal?

If your child goes through the lunch line in the cafeteria, they have a choice of one main entrée, a choice of vegetable, fruit, bread and a choice of milk. Students must select 1 fruit and 2 vegetables. Vegetarian options are available daily.

What is the “Double Deal”?


When your child goes through the line the first time, he/she can purchase a regular student meal for \$3.25 or request a “double deal” (which means any 2nd entrée) for \$2.50. Their meal would cost \$5.75. Note that if your child goes back through the lunch line a second time for another entree, they are given and charged for an entire 2nd meal at adult price (or \$4.50) If they ask for a single side item, it is considered “a la carte” (see below).

What are the A La Carte Options (Also known as “Smart Snacks in School”?)

The daily option of one a la carte item if the student has a lunch from home or purchased lunch will continue. The whole grain pretzel, fruit juice, water, and milk will be available daily. The chocolate chip cookie will continue to be available on Thursday. *Please note that only one cookie per child is available for purchase. If your child sits down, then returns to the lunch line, the price for each item is “a la carte” (see a la carte prices below). This may quickly run up the price of the meal and why parents are surprised when the lunch balance very quickly runs low.

A la carte prices?

One entrée item (e.g. chicken tenders)	2.75
Fruit or Vegetable (1/2 cup)	1.00
Milk, flavored fat-free, unflavored 1% or fat-free	60¢
Mozzarella String Cheese Sticks	75¢
Bonzer Cookie, Fresh Baked-Thurs. only (limit 1)	50¢
Yogurt, 4 oz.	75¢
Pretzel, Whole Grain, w/Mustard	75¢
Condiments: Jelly, Catsup, Mustard, etc	10¢
Sweet n’ Sour Sauce, Syrup	15¢
Salad Dressing for Chef Salad (1 oz or 1½ oz.)	50¢
Salad Dressing for Small Salad (12 gm.)	15¢
Popcorn (Monday and Friday)	\$1.00
Water (16 oz)	\$1.00



Can I restrict snacks and a la carte items?

Please talk to your child(ren) about what they may or may not eat. Unless you have specified to the cafeteria manager that certain items are not to be purchased, your child will be allowed to buy it. Wolftrap cafeteria does, however, have a policy of allowing students to purchase only one item designated as a snack item each day. If you would like to have your child NOT receive certain items (snacks, 2nds, etc.) or set a spending limit, please feel free to contact Mrs. Kim at shkim8@fcps.edu.

What happens when my child's account is getting low or runs out of money?

The cafeteria regularly sends home a reminder green sticker with your child if your account is running low. MySchoolBucks (see below) gives parents the ability to add money to their child's cafeteria accounts, view fund balances and meal purchase history, and **receive e-mail notifications when the balance gets below an amount specified by the parents/guardians.**

When the account is out of money, our PTA generously provides a small stipend. The first time this happens, PTA funds will pay for a lunch. For the next missed payment, the PTA will be reimbursed from funds in your account. **Parents are often confused when the account has two lunches charged on the same day. This happens when a child buys lunch on the same day that money is taken from an account to reimburse the PTA. To help alleviate confusion, we will have students call home to let families know when the PTA funds were used for his/her account.** Please add funds to the account as soon as possible, either through My School Bucks.com or by sending a check in to school with your child (check made out to "Wolftrap Food Services").

How can I put money on my child's account?

Parents have three options to pay for their child's lunch account:

- **On Line** using www.MySchoolBucks.com – This user-friendly service is free, convenient, private, and secure. Once the account is open, parents can check the fund account at anytime and specify a low balance amount for email notifications. **Important:** When signing up, in the "Add a Student" section, the student's first and last name will need to match the FCPS student record on file.
- **My SchoolBucks: (855-832-5226)** parentsupport@myschoolbucks.com
- **Check** – Write a check to "FCPS Food Services" and send it in with your child. A local address and phone number are required to be either printed or handwritten on the check. Please include your child's name and PIN number on the memo line of the check. Parents who want their checks used for meals only (no desserts) should write "MEALS ONLY" on their check.
- **Cash** – Cash may be sent in an envelope marked with your child's name. Students may also choose to pay cash on a daily basis.

What is a quick way to find out what's for lunch?

EZ LUNCH APP:

Interactive monthly school menus are accessible on the FCPS [website](http://fcps.nutrislice.com), at fcps.nutrislice.com and on your mobile phone. The website and mobile option provide quick access to menu options and nutrition information, making it easy for parents and students to learn more about the variety of healthy food choices available. It also features quick links to ingredient and allergen information, as well as resources and services provided by FNS.

Where can I find Ingredient and Allergen Information?

Detailed nutrient information, ingredient labels and allergen information for all foods served is available on the Food and Nutrition Services [website](#). This information is provided to assist parents and medical teams when guiding students with food sensitivities and therapeutic issues such as diabetes.

What is the system that helps my child select food items?

Food and Nutrition Services developed the "All Star Lunch" to reflect USDA's new meal standards and to help students select their school lunch choices.

Elementary Lunch includes:

- -Protein (meat or meat alternate) – Purple star
- -Grains – Yellow star
- -Fruits – Red star
- -Vegetables – Green star
- -Milk- Blue star

Students may select 3, 4, or 5 stars but one **MUST** be a green or red star.

If it's less than 3 stars, it becomes an a la carte item. For this reason, the cafeteria staff encourage students to take at least three items. Please talk about this with your child.



Please be aware that the utensils for lunches are for those students who purchase lunches only. If you are sending lunch from home, please remember to send a fork/spoon/napkin, etc.