

Meal Prices for 2017/18 school year

BREAKFAST

All Schools:

Free & Reduced Price Eligible Students- No Charge

Full Pay Students pay only \$1.75 for Breakfast

LUNCH

Elementary & Middle Schools:

Reduced Price Eligible Students- \$0.40

Full Pay Students - \$2.75

High Schools:

Reduced Price Eligible Students- \$0.40

Full Pay Students- \$3.00

Adult/Non-Student Meals (all Schools):

Breakfast- \$2.50

Lunch- \$4.00

Pre-pay for school meals at:

Any school cafeteria, and they accept cash, check or money order.

To pay with credit card go to:

[Pams Lunchroom](#)

There is no cost to register, browse the website and check account balances.

However, a service fee of \$1.95 will be charged per student payment.

Silver Valley USD Child Nutrition Services

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Silver Valley USD Child Nutrition Services

*Proud participant of the
National School Lunch
and School Breakfast
Programs*

Welcome to the
Silver Valley USD
...where
good nutrition and
learning go
hand in hand!

The Facts about School Meals:

School meals are balanced and healthy.

- Fresh Fruits and Vegetables
- Whole Grains
- Limited Fat and Saturated Fat
- Zero Trans-fat
- Baked not Fried
- Reduced sodium
- Reduced sugar
- High Fiber
- Age appropriate portion sizes

School meals help kids maintain a healthy lifestyle.

- Students who eat school meals provided through the National School Lunch and Breakfast program are more likely to be at a healthy weight
- Consume more fruits and Vegetables over a 24 hour period; they also consume less soda and/or sugary drinks.
- Learn healthy eating habits for life

School meals help students do better in school.

- Research has shown that students who eat school meals perform their best academically.

- Students who eat school breakfast have greater gains in standardized test scores and show improvements in math, reading and vocabulary scores.
- Increases attendance rates
- Decreases behavior problems and visits to the school nurse

School meals are a great deal.

- On average it cost less to buy a school lunch than to bring a lunch from home.
- Students receive a healthy balanced meal with fresh fruit and vegetable options for \$3.00 or less.
- Eligible students may receive free or reduced price meals

School meals are safe.

- School nutrition staff have training in food safety and HACCP standards.
- School kitchens receive at least two health inspections annually.
- According the Food and Drug Administration, school kitchens are among the safest of commercial and institutional foodservice establishments.

We are excited about our Offer Vs. Serve Breakfast and Lunch Program!

- More daily entrée choices
- Fresh fruits/ and vegetable choice every day.
- Students are offered at least 5 components daily. Meat or Meat alternatives, Grains, Vegetables, Fruits, and Milk choices. Students may choose all 5 components, but only have to take 3 meal components. (one choice must be a fruit or vegetable)
- Reduces plate waste
- Free and Reduce price eligible students receive Breakfast at No Charge. Reduced price lunch is only \$0.40 cents.



Go Breakfast!