

West Hartford Nutrition Services Program – Secondary Schools 2017-2018

Student Meals:		Adult Meals:	
Student Lunch	\$3.25	Hot Entrée w/ side vegetable	\$3.25
Reduced Price	.40	Hot/Cold Sandwich w/ side veg	\$3.25
All meals include choice of main entrée 2 vegetable choices, fruit choice, and milk.		Salad with Protein	\$4.00
Salad Bar (10 oz w/ bread, fruit & milk)		Salad Bar (10 oz. with bread)	\$4.00
-High Schools	\$3.75	Soup with Crackers	\$2.00
-additional ounces	.25	Milk	.50
A la Carte Milk	.50	4 oz Vegetable	.50
		Cup of Fruit	.50
		Fresh Fruit	.75

Meal Payment

We encourage prepayment of meals and snacks. The system is convenient and accommodates students who purchase daily or occasionally. You may submit payment to the school cafeteria – please make checks payable to West Hartford Nutrition Services. Or, you may prepay online using a credit or debit card at www.PayPAMS.com. A nominal convenience fee will be charged, and it will take 1-2 days for the funds to be available in the cafeteria through the PAYPAMS system. **You can now receive E-mail notification of your child's account balance. Go to PayPAMS.com to register for this free service.** All students have a Personal Identification (PIN) number in our system, which is the same as their student ID number.

Students will be informed by cafeteria cashiers when their prepaid account has a balance below \$10.00. Please send payment promptly to allow payment to be processed before the account is depleted. Payments should cover at least 20 days of purchases. If you have more than one student at the same school, you may pay with one check – please indicate student(s) names to apply payment to. Also, please tell us if you want your child's account set up for meals only, or for a daily spending limit to allow for meals plus snacks. A la carte snacks and beverages range in price from .50 cents to \$2.00.

Borrowing Policy

If a student's meal account becomes depleted, Nutrition Services will still provide a meal of the student's choice and inform them that they are borrowing money that day to pay for this lunch. Students will be allowed to borrow for one day only, and will not be allowed to borrow for snacks or any a la carte items.

A la Carte Prices

.50	.75	.75	\$1.00	\$1.50
Milk	Fresh Fruit	CerealPouch/Bowl	Nestle Pure 16oz water	Soy Milk
String Cheese	100% Juice Pouch	Fruit Pocket	Large Baked Chips	V8 Fusion
Vegetable	8 oz Orange Juice	Cinnamon Roll	Chex Mix	Carbonated Juice
4 oz Potato/Rice	8 oz Nestle Water	Muffin	Spec K Cracker Chips	Greek Yogurt
Canned Fruit	Ice Cream Novelty	Chortles	Low Fat Pop Tart	
Raisin Box/Craisins	Smartfood Popcorn	Popped Chips	Nutrigrain Bar	1.75
Icy Juicy Pop	4 oz Yogurt	Cereal Bar	Nat Valley Granola Bar	Soup w/ Crackers
Goldfish Crackers	Small Baked Chips	Kraves Snacks	Rice Krispie Treat	Hint Water (HS)
Cookies	Munchie Crackers	Soft Pretzel	Kettle Popcorn	
Animal Crackers	Baked Doritos	Teddy Grahams	Kangaroo Pita Chips	
Sunflower Seeds	Baked Tostitos		Frito Kettle Chips	2.00
Oatmeal CChip Bar	Heartzel Pretzels			Naked Juice (HS)
Cheez-its	Cin Toast Crisps			
Granola Cookie	Baked Cheetos		\$1.25	
Graham Crackers	Quaker Snack Mix		8 oz Yogurt	
	Sun Chips Mix			