

Sacred Heart Academy School Lunch Program Overview

Sacred Heart Academy participates in the USDA National School Lunch Program to provide a nutritious and delicious lunch for our students each day. Under the guidelines of the Healthy Hunger-Free Kids Act of 2010 and USDA, the required components of a “meal” to be offered include: meat/meat alternate, grains, fruits, vegetables, and fluid milk. Students are required to take 3 of the 5 components offered and one component must be a full serving of fruit or vegetable to have the lunch qualify for reimbursement with the USDA.

A second reimbursable meal may be purchased and is 100% chargeable to all free/reduced-price students. They are only entitled to one free/reduced-price reimbursable meal per day. The student’s account will be charged for all ala carte items.

Lunch Pricing (full pay)

Student Meal - \$3.50 | Adult Meal - \$5.00 | White Milk - \$0.80 | Chocolate Milk - \$0.85

What is a Meal?

The meal that is available to all students includes: meat/meat alternate, breads/grains, fruits, vegetables, and fluid milk. Students are required by Federal guidelines to choose at least 3 items from the menu, one of which must be a fruit or a vegetable. Milk can count as one of the items. Sunbutter and jelly (grades KP-6) or peanut butter and jelly (grades 7-12) on whole grain bread may be selected in lieu of entrée. Due to supply chain issues, 51% whole grain or whole grain enriched products may not always be available.

Ala Carte Items

In addition, a variety of ala carte items are available for purchase daily for grades 3-12 and meet USDA Smart Snack Nutrition Standards. Grades 1-2 may purchase ala carte items on Friday, ONLY. Note: Not all ala carte items are available each day, and prices are subject to change.

Parents who do not want their child to purchase ala carte items should contact Courtney Onweller at conweller@sha.net. Ala carte sales are not offered to KP or Kindergarten students.

Lunch Menus

Monthly lunch menus are posted in the weekly parent communication and on our website at www.sha.net. (Navigate to News & Calendar, then SHA Food Service.)

Funding Your Lunch Account

Families are encouraged to prepay for meals by the week or month and make online deposits using the Meal Magic Family Portal which can be accessed on our website www.sha.net. Funds may be added electronically anytime. Payment is also accepted in the cafeteria and school or parish offices. Sacred Heart Academy will accept payment in the form of cash, check or credit card. Checks should be made payable to Sacred Heart Academy. Parents are asked to keep lunch checks separate from other school checks they might be sending. Credit card payments are assessed a 3% transaction fee.

Meal Magic automatically sends low balance e-mails on Friday to all families that have students with \$15 or less in their account.

If you have questions or need your child's student ID number, please contact Vicki Duffett in the Business Office at (989) 772-1385 or vduffett@sha.net. Courtney Onweller may also be reached in the cafeteria at (989) 773-9530 ext 103 or conweller@sha.net.

Preordering Lunches

We ask that families preorder their students' lunches daily by 8:15 am or weekly using the Meal Magic Family Portal. There will be multiple food choices for the day. Each meal will include the 5 meal components. There will also be White Milk and Chocolate Milk choices for MILK ONLY students to preorder their milk in the elementary building only.

Free and Reduced-Price Meals

Any parent who feels they need help covering the cost of school meals should submit a *Household Application for Free and Reduced-Price School Meals*. The form asks for information about your income and household size that will be used to determine if you qualify. An application can be submitted anytime during the school year.

An online application can be submitted using the Meal Magic Family Portal, "Apply for Benefits" tab. Families who do not have access to online information can request a paper copy of the application at the school. Completed paper applications should be mailed to Cindy Kaliszewski, Business Manager, at Sacred Heart Parish, 302 S. Kinney Ave, Mt Pleasant, MI 48858. You will be notified by e-mail or letter regarding the decision on your lunch application benefit.

Federal Income Eligibility Guidelines for 2023-2024

[Child Nutrition Programs Income Eligibility Guidelines \(2023-2024\) | Food and Nutrition Service \(usda.gov\)](#)

Allergies and Special Dietary Needs

The USDA's nondiscrimination regulation (7 CFR 15b), as well as the regulations governing the National School Lunch Program, make it clear that substitutions to the regular meal must be made for children who are unable to eat school meals because of their allergy and special dietary needs, when that need is certified by a licensed physician.

Students with allergies or special dietary needs are required to have a signed physician's form filed with the Food Service Director. Forms can be submitted to the school office. Each special dietary request must be supported by a statement, which explains the food substitution that is requested. It must be signed by a recognized medical authority.

The medical statement must include:

- an identification of the medical or other special dietary condition which restricts the child's diet;
- the food or foods to be omitted from the child's diet; and
- the food or choice of foods to be substituted.

Our food service staff will work closely with the support people who are familiar with the needs of the child. The child's parents or guardians, teachers, occupational and physical therapists are valuable resources.

Schools may not charge children with disabilities or with certified special dietary needs who require food substitutions or modifications more than they charge other children for program meals.

Is the Kitchen Inspected for Health and Food Safety?

The Health Department conducts two to three unannounced inspections each year. These inspections are required to maintain our license to operate the kitchen, and SHA consistently does very well. Additionally, the State of Michigan conducts an extensive examination of the program at least every 5 years.

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