



Cincinnati Public Schools Food Services
Phone: 513.363.0800
Fax: 513.363.0805

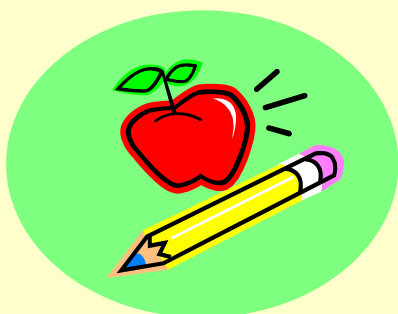
Parent's Guide to CPS Food Services

No Cost Breakfast and Lunch for All Students

Great news for you and your students!

Forty-six schools in the district will be implementing a new option available to schools participating in the National School Lunch called the Community Eligibility Provision for 2018-2019 School Year.

All students enrolled at your school are eligible to receive a healthy breakfast and lunch at school at **no charge** to your household each day of the 2018-2019 school year.



"Food for Thought ..."

No further action is required of you – there is no meal application to complete. Your child(ren) will be able to participate in the breakfast and lunch meal programs without having to submit an application or pay for a meal.

The Community Eligibility Provision is a USDA funded program and is operated with no state or local tax dollars.

Breakfast Choices for Students

Breakfast is available at all Cincinnati Public Schools each morning.

Our breakfast items are whole grain, non-sugar or reduced sugar, no artificial dyes or colors, and most have added fiber.

Four different entrée options are offered each day at breakfast, including yogurt and cereal choices.

All breakfasts are served with skim white milk, a fruit side, and 100% juice.

Check Out Your New School Menus

Cincinnati Public Schools menu has now gone digital! You can easily view information about what is on our school menu for breakfast and lunch each day.

This new innovative and interactive site and mobile app make our school menus more convenient and informative than ever before!

Introducing Schoolcafe, an interactive online way to view your child's school menus.

With Schoolcafe, you can:

- View images and descriptions
- View nutrition information for each food
- Filter the menu for specific food allergens
- Rate foods and see carb counts
- Access menus with the Schoolcafe mobile app!

On your computer, visit: cps-k12.Schoolcafe.com

On your smart phone or tablet, search for "School Lunch by Schoolcafe" on Google Play or the App Store to download the Schoolcafe app!

Parent's Guide to Cincinnati Public Schools Food Services

Did You Know?

- Food Services is self-supporting. We receive no money from General Fund budget, levies, or property taxes. Food Services is funded only from federal reimbursement for school meals.
- Food Services serves 50,000 meals each day, more than any other Cincinnati restaurant chain.
- We have three Registered Dietitians and a Registered Sanitarian on staff.
- No menu items are fried. All items are oven baked to keep fat levels low.
- No salt or butter is added to any item to keep sodium and fat contents low.
- None of the products we serve contain *trans* fat.
- More than 95% of the breads and pastas we serve are whole grain.
- There is a vegetable salad bar in every school that is included with each lunch.
- All of our milk choices are skim.
- Fresh fruit is offered every day for lunch.



Questions - Please Contact Us

Cincinnati Public Schools Food Service
2315 Iowa Ave, 2nd Floor
Cincinnati OH 45206

Phone: 513.363.0800

Fax: 513.363.0805

Available from 8am-4pm Monday-Friday

CPS is an equal opportunity provider.

2018 - 2019 Meal Prices

All Buildings -- Breakfast: **FREE**

Elementary Buildings Lunch: **FREE**

Secondary Buildings Lunch: **FREE**

All Buildings – Milk: **\$0.50**

A variety of a la carte items including fresh fruit and vegetables, 100% fruit juices, bottled water, whole grain-low sodium baked chips, and low sugar-reduced fat baked goods are available for purchase at select schools.

Lunch Choices for Students

Cincinnati Public Schools offers both breakfast and lunch prepared in your child's school each day.

Our goal is to serve restaurant-style food that the students demand with the nutritional value that parents appreciate.

In the Elementary Buildings, students have a choice of three entrees including a chef salad and vegetarian selection.

In the Secondary Buildings, student can choose from seven entrees including chef salads, sandwiches & wraps, and vegetarian selections.

Students may take two fruit choices, a hot vegetable choice, the vegetable salad bar, and a choice of milk to complement their entrée and create a balanced meal.

Food Services also provides healthy sack lunches to students for field trips to help save you time and money.