



Cincinnati Public  
Schools Food Services  
Phone: 513.363.0800  
Fax: 513.363.0805

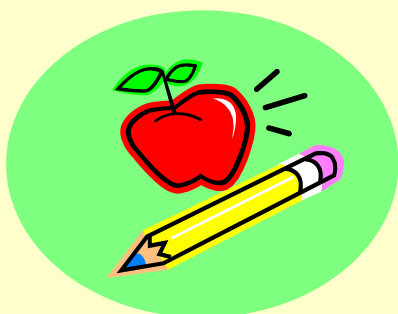
# Parent's Guide to CPS Food Services

## Free Meal Application Process

All students are eligible for nutritious and delicious meals that are convenient and a bargain!

A completed School Meals Application enables eligible free and reduced meal eligible students to eat lunch for free. Breakfast is free for all students regardless of income.

The federal guidelines require a new application each year and parents must meet income requirements for their children to be eligible for free lunch and breakfast. A percentage of parents are required to verify



***"Food for Thought ..."***

their income. Until the application is approved, parents should send lunch money or a sack lunch with their child.

Parents and guardians can return completed paper applications to their child's school, to the Food Services Department, or apply online.

Online applications can be completed on a computer, tablet, or smart phone at: <https://schoolcafe.com>

## No Cost Breakfast for All Students

Breakfast is provided at no charge to all CPS students.

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](https://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 over 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, 2<sup>nd</sup> 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

**Breakfast – All Buildings: FREE**

**Elementary Buildings Lunch: \$1.75**

- Fairview, Hyde Park, Kilgour, LEAP, Sands, Spencer, North Fairmount

**Secondary Buildings Lunch: \$2.00**

- Clark Montessori, SCPA, Walnut Hills

### Meal Prepayment Options

Cincinnati Public School parents can access an online account and replenish their children's lunch money via credit card or set up automatic payments.

Even if you do not choose to enter any funds into your child's account, you can still check to see what they have purchased each day.

It is simple and quick to register your student's account at [www.SchoolCafe.com](http://www.SchoolCafe.com)

**The SchoolCafe system will notify you of a low balance.**

Giving cash directly to your lunchroom manager to place on your account is always an option.

Cincinnati Public Schools does not allow meal accounts to have a negative balance.

For all newly enrolled students in Cincinnati Public Schools, there is a four day grace period that students may receive a meal without payment to allow for the processing of their meal eligibility application.

As a special consideration for elementary students and their families, an alternative meal of fresh garden chef salad from the salad bar with lean protein, whole grain crackers, fruit, and milk is provided to students who do not have lunch money. A note will be sent home with the child as a reminder to enter funds into the online account or bring cash for future lunch purchases.