

Gahanna-Jefferson Schools Welcome You and Your Children to the Cafeteria



Students at Gahanna-Jefferson Public Schools receive a well-balanced, nutritious meal each day made by the district's Food Service Staff based on USDA requirements.

Plate lunches contain the basic food groups including:



- protein (meat/meat alternate)
- whole grains
- vegetables
- fruits
- ½ pint of milk

Students purchasing a plate lunch may choose 3-5 components – protein, whole grains, milk, and must include a fruit or vegetable.

A variety of **vegetables** from each vegetable sub-group are offered weekly including:

Dark Green	Red/Orange	Beans/Legumes	Starchy	Other Veggies
Broccoli	Carrots	Kidney Beans	Corn	Celery
Romaine	Sweet Potatoes	Hummus	Potatoes	Green Beans
Spinach	Tomatoes	Black Beans	Peas	Cucumbers

Plate lunch and breakfast menus are available online at www.gahannaschools.org. Elementary plate lunches cost \$2.75 (reduced .40); \$3.00 at middle and high school; breakfast is \$1.50 (reduced .30). Breakfast is available at Chapelfield, Goshen Lane, Jefferson, Lincoln, Royal Manor, Middle Schools South & West, and Lincoln High School.

Gahanna-Jefferson Public School's cafeterias utilize a point of sale system. All students use their 6-digit student identification number as their PIN. Parents are encouraged to pay in advance for meals through MyPaymentsPlus online, by cash (not encouraged), or checks. The charge limit is 4 meals.

Families may apply for free or reduced-price meals any time during the school year. Applications are available in each school, the admin office, and may be submitted online at <http://fnr.gjps.org>.

Students on the **free and reduced priced meals** program are eligible for a plate lunch (and plate breakfast where offered) daily. The cafeteria computer system provides complete confidentiality.

Parents are encouraged to keep track of their child's account balance, which can be verified online at www.MyPaymentsPlus.com.



At no cost, MyPaymentsPlus allows families to:

- Check your child's current account balance online
- Create settings to **receive email notifications** when their account reaches a low balance
- For a small program fee you can make a prepayment into your child's meal account using a credit or debit card at www.MyPaymentsPlus.com and create settings to automatically replenish the account when it reaches a low balance. Online deposits of \$50 or more will earn a **bonus** (to offset the program fee of .0475%)

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