

## Department of Food and Nutrition

Keith Filosa, Director of Food and Nutrition

### Get with the program.....

The Department of Food and Nutrition at Sayville Public Schools offers all children the opportunity to enjoy breakfast and lunch.

**Breakfast:** is offered daily for a ½ hour prior to the start of each school day. The time will vary between schools.

The cost of breakfast is \$1.35 elementary and \$1.55 secondary which includes choice of entree, fruit or juice and milk. The menu changes daily and offers hot or cold choices.

**Lunch:** is available at each of the schools. The cost of lunch is \$3.00 for elementary and \$3.10 for secondary. Specialty cold cut sandwiches and salad platters will be available at the High School for \$4.10. A monthly menu will be brought home by the children (be sure to look for it). We offer regular complete lunches with meat/meat alternate, grain/bread, vegetable/fruit and milk. A weekly alternate, as well as salads and sandwiches daily are available. Children always have the option to buy ala carte items from the menu, for example milk, juice, or fruit. A variety of snacks are also available for children to buy. **Snack Program.** All of the snacks sold in the Sayville Public Schools meet the USDA smart snacks in school nutrition standards.

**Pre-pay for lunch:** No more lost lunch money! No more worrying about your child having a nutritionally balanced meal! No more rushing to put a quick bag lunch together! For your convenience, the Sayville Food and Nutrition Program will continue to offer a Pre-Payment program for all grades by utilizing the Nutrikids Point of Sale System. For prepayments you may use [www.myschoolbucks.com](http://www.myschoolbucks.com) or you may send in money by cash or check. Please include the student's name and school on the check/or envelope. For more information on Nutrikids please go to [www.sayvilleschools.org](http://www.sayvilleschools.org); under Quick Links click School Menus and then see Nutrikids Information.

\*\* Please note you receive written information in August regarding the Free and Reduced Meal Programs. If you are eligible for either of these programs, I encourage you to take advantage of them as they do include breakfast and lunch meals. Applications should be given to the Department of Food and Nutrition at the Administration Building, 99 Greeley Ave, Sayville.

If you have any questions please call my office at 244-6555.

*We serve nutrition every day*

**PLEASE SEE REVERSE FOR IMPORTANT INFORMATION**