



Welcome to School Meals

Anchor Bay Food & Nutrition Services

<http://www.anchorbay.misd.net/departments/food-service/>

Food & Nutrition News

Welcome to our Food & Nutrition Department where ALL meals follow the federal nutrition standards of limiting unhealthy fat, calories and sodium. We believe that good nutrition is important for growing bodies and learning minds.

We encourage all students to take part in the school breakfast and lunch program on a regular basis.

Menus

Menus are posted at www.anchorbay.misd.net/departments/foodservice

Breakfast includes **fruits**, **whole grains**, and **milk**. Students may choose 3 items during breakfast for a reimbursable meal. Students **MUST** take one serving (1/2 cup) fruit.

Lunch includes **proteins**, **whole grains**, **vegetables**, **fruits** and **milk**. Students may choose 3 of the 5 components for a reimbursable meal. We encourage students to take ALL 5 components for a well-rounded diet. Students **MUST** take a least one serving (1/2 cup) of fruit or vegetable.

Special Dietary Needs

Parents and/or Guardians should communicate to their school office any student allergies or special dietary needs. The MDE Medical Statement Form (to request special meals and/or accommodations) is located on website.

Meal Accounts

Each student has a meal account that is assigned to them when they enroll at the district. This meal account follows the student as they move throughout the district from elementary to middle to high school. If students qualify for free or reduced priced meals this account will protect their privacy and benefit status.

There are three options for parents to put money on their student's account:

1. **Check**—Make check payable to Anchor Bay School Food Service. Please be sure to put your child's name on bottom of check for reference.
Note: There is a fee for insufficient funds if check is returned
2. **Cash**—you may send cash in with your student. For elementary, please put cash in an envelope with your child's name on the envelope.
Middle and High School students can give cash directly to their cashier at lunch.
3. **Online**—You may use the internet to deposit money at the following secure site: www.familyportal.cloud There is a \$2.95 fee per transaction. This method is most preferred to insure accurate placement of money.

How to check a student balance? Parents can go to www.familyportal.cloud and set up their online account at no charge. Families who had an account with sendmoneytoschool.com will need to register with Family Portal using the same email address in order for information to transfer over. Call The Food & Nutrition Office at 586-598-7663 if you need assistance.

Parents can also request an **automatic low balance email**. Contact our office at 586-598-7663 to request. We are happy to assist you with this and any other question you may have.

2022-2023 Meal Pricing

Elementary Schools

Breakfast

Reduced: \$0.30

Full Pay: \$2.00

Maconce only: Free for all

Lunch

Reduced: \$0.40

Full Pay: \$3.00

Extra Entrée: \$1.50

Maconce only: Free for all



Middle & High Schools

Breakfast

Reduced: \$0.30

Full Pay: \$2.00

Lunch

Reduced: \$0.40

Full Pay: \$3.25

Extra Entrée: \$2.00



8oz Milk Carton

Sold at all schools

\$0.50

**Please Complete
Free and Reduced
Applications Online @**



www.familyportal.cloud

You may complete an application anytime throughout the school year!

(paper copies are available at all schools)