

## 9. HOW DO I PAY FOR MEALS FOR MY CHILD?

All students are encouraged to eat breakfast and lunch daily. Breakfast and Lunch Payments can be made at our school office between 7:30 – 3:30. Cash is accepted or you may make checks payable to: **The Department of Education**. For online deposits, please go to: [www.ezschoollpay.com](http://www.ezschoollpay.com)

Student breakfast: \$1.10 per breakfast

Reduced Breakfast: \$.30

Student Lunch: \$2.50 per lunch

Reduced Lunch: \$.40

Adult Breakfast: \$2.40 per breakfast

Adult Lunch: \$5.50 per lunch

Separate or additional milk purchase: \$.80



You will be notified when the balance becomes low. Please do not let the account lapse into a negative balance.

## 10. HOW DO WE APPLY FOR FREE OR REDUCED PRICED MEALS?

Paper application forms are sent home with students at the beginning of each school year. Applications are also accepted online for your convenience. Paper application is not required if applying online. Please check the Hanalei School website for online payment information.

## 11. CAN MY CHILD BRING A LUNCH FROM HOME?

Children bringing a lunch from home should have it clearly marked and in a container that can be kept in your child's backpack. **No glass containers, please.** There is no microwave or refrigerator for student use.

## 12. ARE PARENTS ALLOWED TO HAVE MEALS WITH THEIR CHILDREN?

Parents are welcome to join their child for breakfast (\$2.40) or lunch (\$5.50) in the cafeteria.

If you would like to enjoy a school lunch with your student, please notify the office by 8am, make payment using correct change and receive a lunch ticket, so we can ensure the correct number of lunches.

Please first check in at the school office to obtain a visitor's pass and pay for a meal if you are eating school lunch.



### 13. CAN I SEND SNACKS TO SCHOOL FOR MY CHILD TO EAT DURING RECESS?

Yes, however students are asked not to share their snacks with other students due to allergies and other concerns. Healthy snacks are encouraged. The following are guidelines of snacks to avoid:

- All food and beverage items listing sugar, in any form, as the first ingredient, such as candy
- Food containing artificial trans fat
- Caffeinated drinks, such as soda or energy drinks



### 14. CAN I BRING TREATS ON MY CHILD'S BIRTHDAY, FOR CLASS PARTIES, OR SPECIAL EVENTS?

All food and beverage treats served to students anywhere at school or at school sponsored functions must comply with the DOE's Wellness Policy:

#### SNACKS/TREATS

- Calories  $\leq$  200
- Total Fat  $\leq$  8 grams (with the exceptions of nuts and seeds)
- Saturated Fat  $\leq$  2 grams
- Trans Fat ZERO
- Sodium  $\leq$  200 mg
- Sugar  $\leq$  8 grams (with the exception of yogurt, having no more than 30 g of total sugars per 8-oz portion)

Due to our efforts to better meet the wellness guidelines, we are no longer able to allow candy and baked desserts to be served to students on birthdays, holiday parties, or "Market Days." Please consider celebrating with non-food party favor items, or treats that meet the guidelines, such as fresh fruit cups.



#### BEVERAGES

- Water without flavoring, additives, or carbonation
- Low-fat (1-percent) and nonfat milk in 8-oz. portions:
  - Lactose-free and soy beverages are included
  - Flavored milk with no more than 22 g of total sugar per 8-oz. portion
- 100 percent fruit juice
  - 4-oz. portion for elementary school
- Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances (e.g., chocolate milk)