

Sacred Heart Academy Lunch Program

Frequently Asked Questions:

What is the cost of lunch?

Lunch costs \$2.25 for students. If the child chooses a super (extra entre), the cost is \$0.75 more, or \$3.00 total. Salad bar is available at no additional fee. Parents who do not wish to have their child be able to purchase a super need to inform the office. Children who bring their own lunch may purchase milk for \$0.35.

Is free and reduced lunch available?

Sacred Heart Academy does participate in the National School Lunch Program, and free and reduced lunch forms are available at the elementary office (989-773-9530). Utmost confidentiality is maintained regarding these forms, and there is never reference made to children regarding free and reduced lunches. It should be noted that only a regular lunch is covered under the free and reduced program, meaning that children who purchase a “super” will be charged the \$0.75 fee.

How do I pay for lunches?

Each family has a lunch account. Money may be put on the account in any way that the family wishes, so lunches may be paid daily, weekly, monthly, or in any amount the parents choose. Money may be dropped off at the school office or sent in with the child, but should be in an envelope marked “lunch” and, in the event cash is used instead of a check, the envelope should be marked with the family’s name and the amount enclosed.

How do I know when to send in more money for the lunch account, and what happens if I forget?

When lunch accounts run out, elementary students receive a bill in the Friday folder, so that parents are aware that it is time to put money on the account. Secondary students are informed that it is time to put money into their account, but bills are not normally sent unless there is an elementary student in the family. Secondary students may charge one lunch. Elementary students’ parents receive two notices that the account is out. In the event that money is not sent in for the account, students may not purchase an entre until the account is taken care of, although they are permitted to purchase a peanut butter sandwich, milk, and any fruits and vegetables offered for that meal. Free and reduced lunch forms can be filled out at any time during the year if they are needed.

Is the kitchen inspected for health and food safety?

The health department conducts two to three unannounced inspections each year. These inspections are required to maintain the license from the health department to run the kitchen, and SHA does consistently very well with these inspections. Additionally, the State of Michigan conducts an extensive examination of the program at least every 5 years.

What nutrition guidelines are followed daily?

At minimum, the following daily guidelines are used:

- 2 oz. protein
- 1-2 bread or grain, with efforts being made to increase our use of whole grains
- ½ to 1 cup fruit
- ½ to 1 cup vegetables
- milk is offered daily, and some days other dairy is offered
- salad bar is available daily at no additional charge