

Longmeadow Public School & Whitsons Nutrition

Parent Information Flyer

School meals are a healthy option, a great value and a huge convenience for busy families! We look forward to welcoming your children to the cafeteria this school year.

WE ARE ON THE WEB! Check out our website for the latest updates and nutrition resources at:

www.whitsons.com/longmeadow

Online Meal Payments:

The vendor that is available for use in Longmeadow is:

MySchoolBucks.com

You can use this hyperlink: [MySchoolBucks FAQ](#) to help answer any questions about this program.

You are not required to use this vendor in order to have access to school lunch. Money can be added at the register or you can even mail a payment into the Food Service Director's office. If payment is made at the register or through the FSD office, there is no additional fee. Using MySchoolBucks, there is a convenience fee attached with each payment.

In order to get your student signed up for the MySchoolBucks account, you will need their Longmeadow Public School ID number. If you need this number, feel free to call the FSD office at 413-565-4230 and we will be happy to provide it to you.

If you would like to sign your student up for this online program, [click here!](#)

Cafeteria Procedures for Buying Lunch and A La Carte Items

Your students will have to remember a 4 digit PIN number that can be used at the Cash register when buying lunch. This number is generated by our Point of Sale (POS) system and will follow them throughout the course of their time in the Longmeadow Public Schools. This PIN number is different than their school ID number. Over the next few days, the Food Service office will be generating PIN number Cards that will be distributed to the Elementary school for use by the students. The students will still need to manually press the numbers on the PIN PAD, but we have found that having the card as reference helps to speed the process along. These cards will be available to the students as long as they need them, but after the first couple of weeks they become unnecessary as the students have remembered their numbers.

USDA Federal & Massachusetts State Nutrition Regulations

Federal Requirements: School meal programs across the country must adhere to federal nutrition standards for school meals. These standards were interpreted from the Healthy Hunger Free Kids Act (HHFKA) and adopted into law. The purpose of HHFKA is to ensure that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. The most noticeable change for students is portion size. Starting in the 2013-14 school year and moving forward, school lunches will have:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits
- Increased vegetable protein offerings, such as beans and smaller servings of proteins and carbohydrates.

For more information on HHFKA, [click here](#)

State Requirements: Massachusetts regulations will remain consistent with drastically reduced snack and beverage offerings to students during meal times. There is no specific ban on foods, instead all foods must meet strict nutrition standards before they are approved for sale in schools. We have continued to work with our vendors to enhance our offerings of more nutritious a la carte items and hope that our students will continue to enjoy our variety of offerings. For more information on the Massachusetts "A-List", [click here](#).

Questions?

All food service related questions: Food Service Director's Office: 413-565-4230

MySchoolBucks.com questions: Email support@myschoolbucks.com