

PWCS Nutrition Café Corner

September 2024

Free School Meals this School Year!

Students who attend a school that falls under the Community Eligibility Provision (CEP) will receive one breakfast and one lunch free of charge every day! Visit the PWCS Food and Nutrition Department's website, www.pwcsnutrition.com, to view a list of the CEP schools. Families do not need to complete any paperwork for their students to receive free school meals at CEP schools.

School Meal Prices & Payment:

Meal prices for the 2024-25 school year, including A La Carte Items, can be found on the www.PWCSNutrition.com website. First meals are free at CEP schools; however, if a student would like to purchase a second meal or a la carte items, they will need to have money on their account. School Meal Accounts to pay for school meals can be set up online via www.MySchoolBucks.com.

Menus, Allergies, and More!

School breakfast and lunch menus are available online at <https://pwcsnutrition.com/index.php?sid=0408101731444083&page=menus>. You can sign up to have the menus emailed to you monthly and download our free menu app for your smart phone! New this year, there are printer-friendly versions of the monthly menus on the PWCS Nutrition website available for downloading and printing! Printable menus identify menu items that are Halal Certified, Vegetarian, and Scratch Made. Our interactive, online menus can be filtered by allergens. Ingredients lists, allergy lists, nutrition information, and requests for dietary accommodations are located on the PWCS Nutrition website "Special Diets" page.

Calling all PWCS Students and Staff: PWCS Nutrition is hosting a Recipe Contest in September!

The PWCS Food and Nutrition Department is seeking recipe ideas from PWCS students and staff to add to the school breakfast and lunch menus! The winning recipes will be featured at PWCS Nutrition's Annual Food Show in November. Recipe submissions may also be featured on the menu at other times throughout the school year. The Food Show will be on November 14th at Patriot High School from 6-8pm.

There are three categories in the Recipe Contest: (1) Pizza Toppings, (2) Build-A-Bowl, and (3) Favorite Family Meal. Use the links below to view contest guidelines and submit recipe ideas online. Paper contest forms are also available in the school cafeteria. All recipes must be submitted by September 27th!

1. Pizza Recipe Contest: <https://forms.office.com/r/nxDJqMa10J>
2. Build-A-Bowl Recipe Contest: <https://forms.office.com/r/Cun9Ztd7Uj>
3. Favorite Family Recipe Contest: <https://forms.office.com/r/P9pr1K9TLj>

If you have any questions regarding the PWCS Nutrition Recipe Contest, please reach out to Meghan Leineweber at leinemj@pwcs.edu. We look forward to seeing everyone's creative ideas!