

2009-10 School Breakfast Menu -- \$.85

All breakfasts are served with two breads, or one bread and one meat alternate, fruit or fruit juice, and choice of milk. For a well-balanced breakfast, choose at least 3 of 4 items for school breakfast price.

Choice of Two - Assorted Cold Cereal, Bagels, Assorted Pop Tarts, NutriGrain Bars, Super Donuts

Choice of One - Fruit, Juice

Choice of One - Whole Milk, Reduced Fat Milk, Skim Milk

Hot Breakfast items available:

MONDAY - Waffles w/Syrup and Sausage

TUESDAY - Breakfast Pizza

WEDNESDAY - Pancakes w/Syrup and Sausage

THURSDAY - Egg & Cheese on English Muffin

FRIDAY - French Toast Sticks w/Ham



Food Services Department Offers Online Prepayment Service

Highlands School District's Food Service Department is excited to provide parents **a convenient, easy and secure online prepayment service** to deposit money into your child's school meal account at any time. This service also provides parents the ability to view your child's account balance through a website called *MyNutrikids.com*. Parents will also have the ability to print out a copy of their child's eating history report.

To access these services:

1. Simply go to the district website at **www.goldenrams.com**.
2. Go to **Quick Links** on the left side of the district homepage.
3. Find the **Nutrikids Login** link. From this site you will create your account and add money to your child's school meal account. All you need is your child's name, student ID number and school ZIP code.

Things to know:

If you have more than one child in the District you can handle all online prepayments from the same online account.

Payments may be made through an existing PayPal account or with a major credit or debit card.

In order to use the online prepayment service, a small convenience fee for each transaction will be assessed **by NutriKids** to cover the bank fees. The convenience fee is \$1.75 per deposit transaction. Parents placing money into multiple meal accounts will only be assessed the \$1.75 fee once per deposit transaction. **Highlands School District will not profit from the use of this site.**

However, if you choose not to take advantage of the online prepayment service you may continue to make advance payments via check, which should be made payable to the Highlands School District. Please write your child's full name on the check.

If you have any questions about these services, please feel free to contact **Sharon Conway**, Food Services Director, at 724-226-1000, ext. 6108.