

# Need Help Paying For School Lunch?

Families may apply for free or reduced price lunch throughout the school year.



Applications are available at your child's school if you wish to complete a paper application.

Mail completed applications to:

Charlotte-Mecklenburg Schools  
Child Nutrition Services  
P.O. Box 668847  
Charlotte, NC 28266-8847

1. Apply online for faster processing at [www.cms.k12.nc.us](http://www.cms.k12.nc.us)
2. You will receive a confirmation number when your application is submitted.
3. An eligibility letter will be sent to the household in US Mail within 10 days of processing.
4. At the beginning of a new school year or during the school year, if a student moves from a CEP school to a school that is not CEP, they immediately become a paying student at the new school. The parent must complete a meal application to be considered for meal benefits.

## STUDENTS WITH SPECIAL NUTRITIONAL NEEDS

Child Nutrition Services can make menu accommodations for special nutritional needs as ordered by your child's healthcare provider.

All requests for menu accommodations must be made by completing a CMS Diet Order form. A new form must be submitted at the beginning of each school year and when there is a change.

Forms are available on the CMS website at [www.cms.k12.nc.us](http://www.cms.k12.nc.us) under the Child Nutrition Services department.

# Join Us for Breakfast & Lunch!

Breakfast and lunch are offered daily in all schools.

## School Breakfast



A complete school breakfast consists of:

- 1 an entree made with grain and/or protein
- 2 fat free or 1% milk
- 3 fruit and/or 100% juice (limit 1 juice per meal)

Students must take at least 1 serving of fruit or juice with their entrée; if not, they will be charged a la carte.

## School Lunch



A complete school lunch consists of:

- 1 protein
- 2 grain
- 3 vegetable (2 servings)
- 4 fruit (1 serving K-8, 2 servings 9-12)
- 5 fat free or 1% milk

Students must take at least 1 serving of vegetable or fruit and 2 additional items; if not, they will be charged a la carte.



**REGISTER TO PAY ONLINE**  
**CHECK ACCOUNT BALANCES**  
**OR VIEW PURCHASE HISTORY**

[www.paypams.com](http://www.paypams.com)

For assistance: Email [paypams@cms.k12.nc.us](mailto:paypams@cms.k12.nc.us) or call 980-343-6041 and select the electronic payment option.

## STUDENT MEAL PRICES:

Breakfast... No Charge

Pre-K Lunch... \$2.00

K-8 Lunch... \$2.25

9-12 Lunch... \$2.50

Students attending Community Eligible Provision Schools (CEP) receive lunch at no charge.

Visit [www.cms.k12.nc.us](http://www.cms.k12.nc.us) for a list of CEP schools.

# K-8 BACK TO SCHOOL MENU

**MON 8/29**

**Cinnamon Mini Loaf**

Cheese or Pepperoni Pizza  
Sweet and Spicy Chicken w/Pineapple Fried Rice and Roll  
Chicken Caesar Salad w/Flatbread  
Sweet Kernel Corn  
Oriental Stir Fry Vegetables  
Variety of Salads and Fruits

**TUES 8/30**

**Sausage Pancake on Stick**

Chicken Nuggets w/Breadstick  
Rotini w/Meat Sauce and Breadstick  
Berry Fresh Chicken Chef Salad w/Flatbread  
California Vegetables  
Potato Wedges  
Variety of Salads and Fruits

**WED 8/31**

**Mini French Toast**

Cheese Calzone w/wo Marinara Sauce  
Salisbury Steak w/Roll  
Yogurt, Berries, and Granola Parfait  
Seasoned Green Beans  
Mashed Potatoes  
Variety of Salads and Fruits

**THUR 9/1**

**Breakfast Pizza**

Hamburger  
Cheeseburger  
BBQ or Roasted Chicken w/Roll  
Chef Salad w/Flatbread  
Fresh Steamed Collard Greens  
Glazed Sweet Potatoes  
Variety of Salads and Fruits

**FRI 9/2**

**Chicken Biscuit**

Crispy Fish Nuggets w/Sweet Potato Muffin  
Macaroni and Cheese w/Sweet Potato Muffin  
Chicken Caesar Salad w/Flatbread  
Fresh Steamed Broccoli  
Black-Eyed Peas  
Variety of Salads and Fruits