



PASCAGOULA - GAUTIER SCHOOL DISTRICT

CHILD NUTRITION DEPARTMENT

1006 Communny Avenue • Post Office Box 250

Pascagoula, Mississippi 39568-0250

Office 228-938-6525

Fax 228-696-6625

Website <http://pgsd.ms>



Dear Parent or Guardian:

We are pleased to inform you that all students of the Pascagoula-Gautier School District will receive FREE breakfast & lunch each day of the 2023-2024 school year under the USDA's Community Eligibility Provision, meaning no meal applications are required.

We hope each of you will send your child to school ready to eat free school breakfast and lunch meals with us. We also want to remind you of our *Lunch Box Helpers Program*, where all students who bring a lunch from home may pick up a free serving of fruit, vegetable and milk from the cafeteria line. It is our mission to nourish and educate the hearts, bodies and minds of all of our students so they are fit, focused and ready to learn in the classroom.

You can locate our menus, extra food sale prices and special updates regarding your child nutrition program at our website www.pgsdnutrition.com and our Facebook page at www.facebook.com/PGSDnutrition.

Customer meal accounts are found at www.mypaymentsplus.com where funds may be added electronically for extra food sales or adult meals. You also can use prepay deposit envelopes (located at schools) to send cash or check with your student for account payments. Prepayment to accounts are highly encouraged so no change or money has to be exchanged during meal time.

We look forward to serving you during the 2023-2034 school year. Safe service is our first priority and we are adhering to all local, state and federal regulations in the cafeteria. If you need assistance with any matter regarding child nutrition, please call 228-938-6525. This institution is an equal opportunity provider.

Sincerely,

Sarah S. Busby, MS, RD
Child Nutrition Director
Pascagoula-Gautier School District



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Estimado Padre o Guardianes:

Nos complace informarles que todos los estudiantes del Distrito Escolar de Pascagoula-Gautier recibirá desayuno y almuerzo GRATIS cada día del año escolar 2023-2024 bajo el Disposición de Elegibilidad Comunitaria del USDA, lo que significa que no se requieren solicitudes de comidas.

Esperamos que cada uno de ustedes envíe a su hijo a la escuela listo para comer el desayuno y almuerzo escolar gratis con nosotros. También queremos recordarles de nuestro *Programa de Ayudantes de Cajas de Almuerzo*, donde todos los estudiantes que traigan un almuerzo de casa pueden recoger una porción de fruta gratis, verdura y leche de la línea de cafetería. Nuestra misión es nutrir y educar a los corazones, cuerpos y mentes de todos nuestros estudiantes para que estén en forma, enfocados y listos para aprender en el aula.

Puede ubicar nuestros menús, precios de venta de alimentos adicionales, y actualizaciones especiales con respecto al programa de nutrición infantil en nuestro sitio web www.pgsdnutrition.com y nuestra página de Facebook en www.facebook.com/PGSDnutrition.

Las cuentas de comidas de los clientes se encuentran en www.mypaymentsplus.com donde los fondos pueden ser agregados electrónicamente para ventas adicionales de alimentos o comidas para adultos. También pueden utilizar los sobres de depósito de prepago (ubicados en las escuelas) para enviar efectivo o cheque con su estudiante para pagar su cuenta. Se recomienda encarecidamente el pago por adelantado a las cuentas para que no se tenga que intercambiar ni cambio o dinero durante la hora de la comida. Todos los saldos de las cuentas y los números de almuerzo de los estudiantes se transfieren cada año y los reembolsos están disponibles a pedido.

Esperamos poder servirle durante el año escolar 2023-2024. El servicio seguro es nuestra primera prioridad y nos adherimos a todas las regulaciones locales, estatales y federales en la cafetería. Si necesita ayuda con cualquier asunto relacionado con la nutrición infantil, llame al 228-938-6525. Esta institución es un proveedor de igualdad de oportunidades.

Sinceramente,



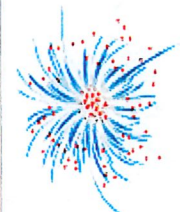



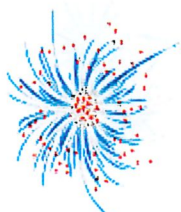



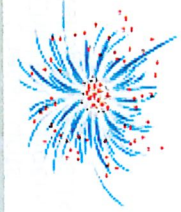



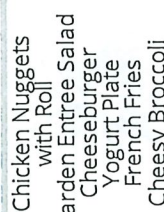
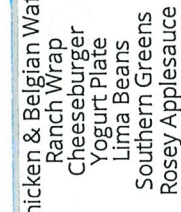


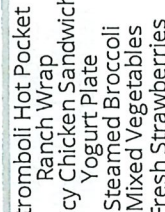
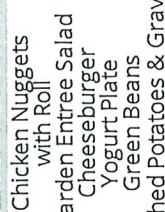
Sarah S. Busby, MS, RD
Directora de Nutrición Infantil
Distrito Escolar de Pascagoula-Gautier

Pascagoula-Gautier School District

Lunch Menu | K-8

July 2023

Monday Tuesday Wednesday Thursday Friday

3		4		5		6		7	
10		11		12		13		14	
17		18		19		20		21	
24		25		26		27		28	

24	<ul style="list-style-type: none"> Chicken & Belgian Waffle Ranch Wrap Cheeseburger Yogurt Plate Lima Beans Southern Greens Rosey Applesauce Pudding 	25	<ul style="list-style-type: none"> Nachos Grande Deli Lunchable Grilled Chicken Sandwich Yogurt Plate Buttered Corn Pinto Beans Pineapple Tidbits 	26	<ul style="list-style-type: none"> Mexican Pizza Garden Entree Salad Cheeseburger Yogurt Plate Glazed Carrots Green Peas Chilled Peaches 	27	<ul style="list-style-type: none"> Stromboli Hot Pocket Ranch Wrap Spicy Chicken Sandwich Yogurt Plate Steamed Broccoli Mixed Vegetables Fresh Strawberries 	28	<ul style="list-style-type: none"> Chicken Nuggets with Roll Garden Entree Salad Cheeseburger Yogurt Plate Green Beans Mashed Potatoes & Gravy Orange Smiles Rice Krispie Treat
31	<ul style="list-style-type: none"> Mandarin Chicken with Fried Rice Ranch Wrap Cheeseburger Yogurt Plate Glazed Carrots Steamed Broccoli Applesauce Pudding 	<p>Daily Favorites: Variety of Fresh Fruits Variety of Chilled Milk</p>		<p>Lunch Prices: Students - Free Adults - \$4.75</p>					

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Pascagoula-Gautier School District

Breakfast Menu | K-8

July 2023

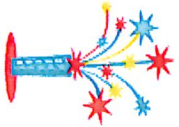
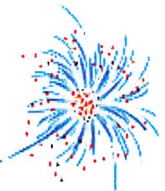
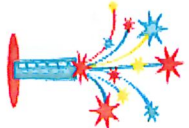
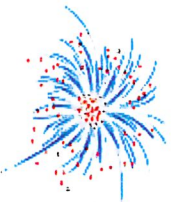
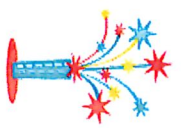
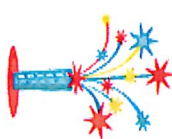
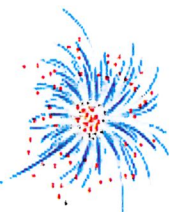
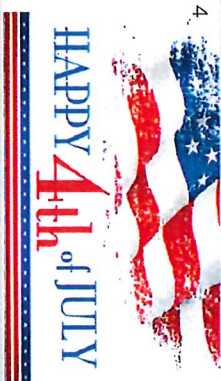
Monday

Tuesday

Wednesday

Thursday

Friday



Sausage & Biscuit
Belgian Waffle
Dunkin Stix

24 Breakfast Pizza
French Toast Sticks
Kellogg's Popartarts

25 Chicken Biscuit
Yogurt Combo
Assorted Muffins

26 Chicken Nuggets
Ham & Cheese Croissant
Assorted Cereals

27 Sausage & Biscuit
Breakfast Platter
Assorted Muffins

28 Pancake Wrap
Fruity Oatmeal
Kellogg's Popartarts

31 Cinnamon Crunch Filled
Pastry
Cheese Toast
Kellogg's Popartarts

Daily Favorites:
Variety of Fresh Fruits
Variety of Fruit Juice
Variety of Chilled Milk

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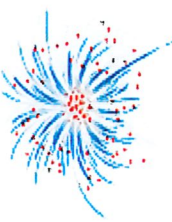



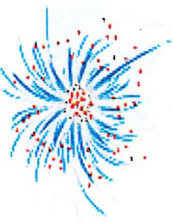



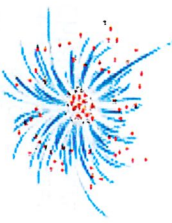




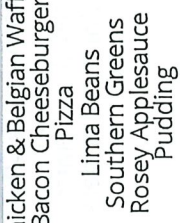
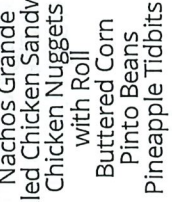
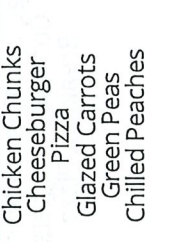


Breakfast
Prices:
Students - Free
Adults - \$2.75

Pascagoula-Gautier School District

Lunch Menu | 9-12

July 2023

Monday Tuesday Wednesday Thursday Friday

3		4		5		6		7	
10		11		12		13		14	
17		18		19		20		21	
24		25		26		27		28	

24	<ul style="list-style-type: none"> Chicken & Belgian Waffle Bacon Cheeseburger Pizza Lima Beans Southern Greens Rosey Applesauce Pudding 	25	<ul style="list-style-type: none"> Nachos Grande Grilled Chicken Sandwich Chicken Nuggets with Roll Buttered Corn Pinto Beans Pineapple Tidbits 	26	<ul style="list-style-type: none"> Chicken Chunks Cheeseburger Pizza Glazed Carrots Green Peas Chilled Peaches 	27	<ul style="list-style-type: none"> Stromboli Hot Pocket Grilled Chicken Sandwich Chicken Nuggets with Roll Steamed Broccoli Mixed Vegetables Fresh Strawberries 	28	<ul style="list-style-type: none"> Cheesy Burger Bake (NEW) Cheeseburger Pizza Green Beans Tossed Salad with Dressing Orange Smiles Rice Krispie Treat
31	<ul style="list-style-type: none"> Mandarin Chicken with Egg Roll Bacon Cheeseburger Pizza Glazed Carrots Steamed Broccoli Applesauce Pudding 	<p>Daily Favorites: Garden Entree Salad Ranch Wrap Deli Sandwich (NEW) Spicy Chicken Sandwich French Fries Variety of Fresh Fruit Variety of Chilled Milk</p>			<p>Lunch Prices: Students - Free Adults - \$4.75</p>				

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Pascagoula-Gautier School District Breakfast Menu | 9-12 July 2023

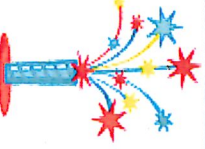
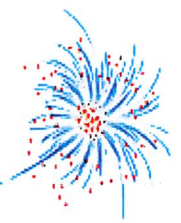
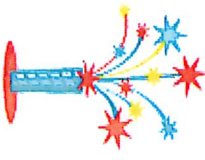
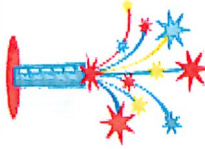
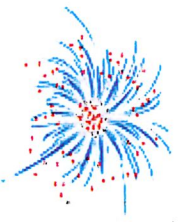
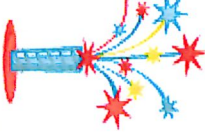
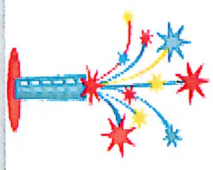
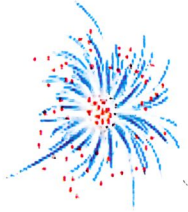
Monday

Tuesday

Wednesday

Thursday

Friday



Sausage & Biscuit
Ham & Cheese Croissant
Fruity Oatmeal

24 Sausage Biscuit & Gravy
Cheese Grits
Pancake Wrap

25 Chicken Biscuit
French Toast Sticks
Breakfast Burrito

26 Egg and Cheese Biscuit
Corn Dog Nuggets
Breakfast Pizza

27 Sausage & Biscuit
Ham & Cheese Croissant
Fruity Oatmeal

28 Bacon, Egg & Cheese
Biscuit
Breakfast Platter
Chicken Tenders

31 Sausage Biscuit & Gravy
Cheese Grits
Pancake Wrap

Daily Favorites:

Cereal | Donuts | Dunkin Stix | Mini Cinnis | Muffins
Poparts | Tater Tots | Fruit & Yogurt Parfait
Fresh Fruit | Fruit Juice | Chilled Milk

Breakfast Prices:
Students - Free
Adults - \$2.75

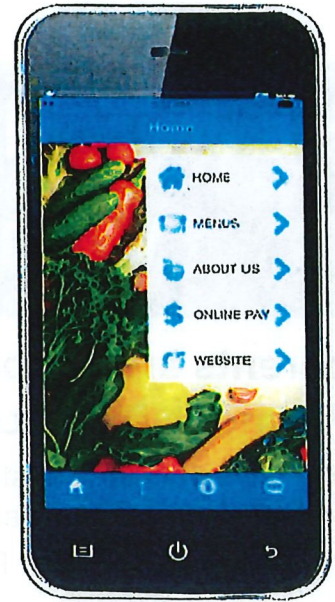
This institution is an equal opportunity provider.

To the families of Pascagoula-Gautier School District,

We are excited to remind you of our Mobile Menu App that offers an easy way to view menus and nutrient information for products right from your smart phone.

The Web Menus Mobile App includes:

- Interactive Nutritional Menus
 - Daily menus
 - Menu item nutrient information
 - Menu item description
 - Menu item photos
 - Menu item allergens
- PDF Documents
- Link to Online Payment Provider
- Link to Nutrition Services website
- Info section "All About School Lunch"



This is just one more step we are making in an effort to continually improve the quality of the menus we offer our students and raise the bar on the standards of our school meals. Our focus is on enhancing the diet of students with more nutritious choices here at school and by providing nutrition education that will help students form healthy habits that last a lifetime!

Key nutritional improvements that we have made include offering a variety of more fruits, vegetables, whole grains, and fat-free and low-fat fluid milk with our meals. We are also reducing the levels of sodium, saturated fat and have eliminated added trans fat. We do not supersize our meals, but instead strive to meet the nutrition needs of students within their age specific calorie requirements.

The "Web Menu" App is free and available in the App Store!

Web Menus by School Nutrition & Fitness
by ISITE Software



App Store



Google play



Thank you,
PGSD Child Nutrition Department
228-938-6525

This institution is an equal opportunity provider



Have a Healthy Return to School with MyPaymentsPlus!

All parents are encouraged to create a **FREE MyPaymentsPlus** account in order to:

- ✓ Make payments to your student's cafeteria account
- ✓ View cafeteria balances anytime, from anywhere
- ✓ See what your student is purchasing in the cafeteria

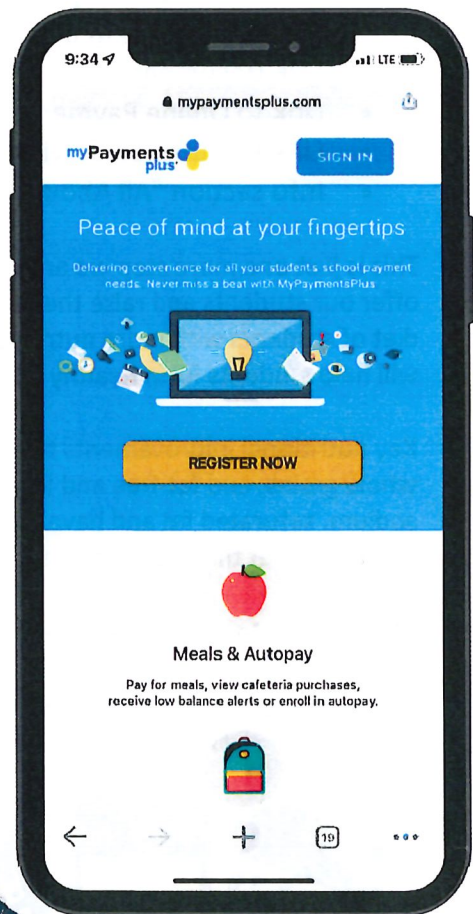
Signing Up is FREE & EASY!

- ✓ Go to www.mypaymentsplus.com
- ✓ Click "Register for a FREE Account"
- ✓ Add your student(s) using their student ID number

Need help setting up your account?

- ☎ 877.237.0946
- ✉ support@mypaymentsplus.com
- 💬 online chat

Download the Mobile App!



SCAN TO GET STARTED!



WWW.MYPAYMENTSPLUS.COM



PASCAGOULA-GAUTIER SCHOOL DISTRICT FOOD SERVICE PRICES



I BREAKFAST

A. Students

- | | | |
|---|-------------|---------|
| 1 | No Charge | \$ 0.00 |
| 2 | Second Meal | \$ 2.75 |

B. Adults

- | | | |
|---|--------------------------------------|---------|
| 1 | Complete Meal (3 or more menu items) | \$ 2.75 |
|---|--------------------------------------|---------|
-

II LUNCH

A. Students

- | | | |
|---|-------------|---------|
| 1 | No Charge | \$ 0.00 |
| 2 | Second Meal | \$ 4.75 |

B. Adults

- | | | |
|---|-----------------------------------------------------------------------------------------------------------------------------|---------|
| 1 | Preplated Salad, Preplated Wrap or Complete Meal (3 or more menu items)
Includes: Drink (water, milk or tea) and Dessert | \$ 4.75 |
|---|-----------------------------------------------------------------------------------------------------------------------------|---------|
-

III EXTRA SALES/A'LA CARTE

- | | | |
|----|----------------------------------|---------|
| 1 | Entrée Breakfast | \$ 1.75 |
| 2 | Entrée Lunch | \$ 3.75 |
| 3 | Side Vegetable or Fruit | \$ 1.00 |
| 4 | Bread Items | \$ 0.75 |
| 5 | Fat Free Milk | \$ 0.50 |
| 6 | 100% Juice (4oz) | \$ 0.50 |
| 7 | 100% Juice (box, can or slushie) | \$ 0.75 |
| 8 | Slushie 100% Juice | \$ 1.00 |
| 9 | Fruit Freeze | \$ 0.50 |
| 10 | Ice Cream Cup or 4 oz. Yogurt | \$ 0.75 |
| 11 | Fruit & Yogurt Parfait | \$ 1.00 |
| 12 | Miniature Ice Cream Sandwich | \$ 0.75 |
| 13 | Ice Cream Sandwich, Cone or Bar | \$ 1.00 |
| 14 | Extra Salad Dressing | \$ 0.25 |
| 15 | Iced Tea (ADULTS ONLY) | \$ 0.75 |
| 16 | Dessert (ADULTS ONLY) | \$ 1.00 |
| 17 | Chips | \$ 0.50 |
| 18 | Bottled Water Small 8 oz. | \$ 0.50 |
| 19 | Bottled Water Large 16 oz. | \$ 0.75 |



Items students are allowed to purchase without purchasing a meal.

MYPLATE GUIDE TO SCHOOL LUNCH

for Families



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.

VEGETABLES



A variety of vegetables helps kids get the nutrients and fiber they need for good health.

MILK



Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

FRUITS



Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit teamnutrition.usda.gov for additional tips and activities.

