

School Nutrition Information

Online Services Edition

This informational newsletter is meant to be a quick resource for common concerns families may have regarding school nutrition. This institution is an equal opportunity provider.

De-stress with Online School Nutrition Programs

Here at MRH School Nutrition Services, we have been expanding our online services to provide convenient ways for families to stay up-to-date with information relating to school meals.



First, we have revamped our information on the MRH website. We are now located under the Program tab as School Nutrition Services. From there, you can navigate the subcategories to find the information you need. We have separated topics out into Overview,

Breakfast & Lunch Menus, Free & Reduced Meal Application, Payment Options, and Updates. To contact us, please email Irene Wan, District-level Food Service Manager at irene.wan@mrhschools.net. (continued on next page).

MISC LINKS

Website:
[MRH School Nutrition Services](#)

Free & Reduced application:
[My School Apps](#)

Menus:
[MealViewer](#)

Payment:
[My School Bucks](#)



1

MY SCHOOL APPS

Fill out the Free and Reduced Meal application online! No need to print anything anymore. It can be done on a computer, laptop, tablet, and most mobile devices.

2

MEALVIEWER

What are we serving for breakfast or lunch today? You can find out by using MealViewer. It will list nutritional information and food allergens when the cursor moves over the food item.

3

MY SCHOOL BUCKS

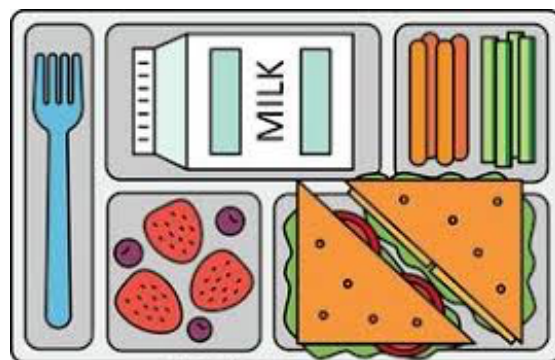
Check to see if your child ate a school meal today. It will track if they are buying snacks too. Also, you can get real-time meal balance information and have the option to pay online (fee will apply).

Online School Nutrition Programs (con't)

Second, we are increasing our online program portfolio. Currently, we have three main programs. These are My School Apps, MealViewer, and My School Bucks. All three services have apps that you can download on to your mobile device so you can access them wherever you are, whenever you have time.

My School Apps is our newest program. Families can now use this to fill out the Free and Reduced Meal Application completely online. Currently, there are an English and Spanish version. The best part about this is that it can be filled out on almost any mobile device or tablet. The application is then automatically emailed to us for approval. For other languages or for those who need a hard copy, they are available on the website as pdf files. Status notifications will still be sent home as a letter.

MealViewer shows what is being served at MRH for breakfast and lunch. By moving the cursor over the food items, nutritional information and food allergens will appear. By creating an account, each child can have food allergies added to their name and the menu will adjust based on those specific food allergies. Monthly menus can still be printed out so your child can choose their favorite school meals. Pictures of each item are coming soon.



My School Bucks keeps track of when your child eats school meals and what they buy. This way, you can see if your Middle or High School student spends money on snacks or on meals. Features also include the option to pay online by credit card (service fee will apply) and setting up alerts to notify families if the account is running low on funds. To avoid the service fee, write a check made out to MRH with your student's full name on it and send it to MRH School Nutrition Services, 7539 Manchester Road, Maplewood, MO 63143.

We hope you take advantage of these programs to simplify your student's needs. Thank you for supporting MRH School Nutrition Services!

HOW TO REACH US:

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Call: (314) 446-1722

Write: MRH School Nutrition Services, 7539 Manchester Road, Maplewood, MO 63143