

Nutrition Services

We are excited to welcome your child into Mead School District. Here are some easy tips for lunchroom success.

- Elementary students stand in alphabetical order in the lunch line and tell the cashier their last name.
- Have your child practice saying their last name loud & clear.
- Practice sitting with your child at the table for at least 10-15 minutes during meals.
- We encourage kids to try new foods. Encourage your kids to take an "Adventure Bite" of new foods when they seem unsure.
- Secondary students enter their 5 digit student I.D. number into a keypad in the meal line. This number is the same each year and can be found on the top of their schedule.
- Go to mead.healtheliving.net to:
 - view menus
 - apply for free or reduced-price meals
 - add funds to your child's meal account
 - learn about healthy classroom celebrations
- Download our mobile app, My School Menus, to access breakfast and lunch menus, on-the-go.
- Look for a letter each August with important updates and information from Nutrition Services.

PLEASE REACH OUT WITH ANY QUESTIONS AT 509-465-6100