Dining at Burris
Food service provided by Ball State University Dining

Dear parents, students, and teachers of Burris Laboratory School:

Welcome back! We’re excited to kick off another great school year with you and we have several new menu items along with student-favorite events and promotions that we hope you’ll look forward to as much as we are! Thank you for taking a moment to learn more. Be sure to check out the Cafeteria website later this month to download the August menu calendar.

> Meal Pricing & Hours ~ no changes for this school year!
  - **Breakfast – 7:30-8 a.m.**  
    $2.85/perfect tray for students  
    $3.10 + tax/perfect tray for faculty, staff, or guests  
    A la carte pricing is available for most menu items
  - **Lunch – 10:30 a.m.-1:20 p.m.**
    $3.65/perfect tray for students  
    $4.95 + tax/perfect tray for faculty, staff, or guests  
    A la carte pricing is available for most menu items
  - **The Snack Zone – 8-10:30 a.m. and noon-1:20 p.m.**
    A la carte pricing with a majority of items costing only $0.75

> Fuel up with a Breakfast Combo
Students can choose from one of our breakfast combos or purchase most items individually.
  #1 Choice of cereal with milk; fruit or fruit and fruit juice
  #2 Choice of cereal with milk; yogurt; fruit or fruit and fruit juice
  #3 Bagel with choice of spread; milk; fruit or fruit juice
  #4 Ultimate Breakfast Round (UBR™) with milk; yogurt; fruit or fruit juice

No time to sit and eat with us? Students in grades 6-12 can get any breakfast to go!
Those eligible for free/reduced price lunch can also eat breakfast for a free/reduced price.

> Celebrate with Fruits and Vegetables
Whether it’s a birthday, holiday, or just an everyday celebration, Burris School Cafeteria can provide nutritious snacks that are sure to be a hit in the classroom. Our fruit and vegetable kabobs are completely customizable and serve 25 people for only $18. This price includes plates, napkins, and free delivery to the classroom. Payments can be made using Burris Bucks or in person at the cafeteria using cash or credit card Monday-Friday from 7:30-8 a.m. or 10:30 a.m. to 1:20 p.m. To place an order, please submit the form found on the Burris Cafeteria website.

> Student Picks
Monthly New Food Friday events and salad bar features allowed us to gather student feedback in for fall menu updates. Keep an eye out for these new items and our monthly sampling events!
  - Chili mac
  - Pizzadillas
  - Chicken-n-waffle sandwich
  - Kale grilled cheese
  - Pretzel buns
  - Red pepper strips
> **Menus & Nutrition Information**
Burris Cafeteria provides students who select a Combo at breakfast and a Perfect Tray at lunch with over ½ of their daily nutrition requirements to fuel their school day.

Building a perfect tray isn’t just the healthy thing to do – it’s also more cost effective. Remember that a full meal at lunch is at least three items, one of which must be a fruit or vegetable. At breakfast, it’s the student’s choice of any of our combo offerings. The price of a full meal following these guidelines is less expensive than if a student purchases each item individually. Typically, our cashiers will ask students to go back in line to pick up the right items to make a perfect tray. Remember that if they choose not to do so, they will be charged individually for each item.

We encourage you to talk about healthy options at home using themes found on the back of the monthly menus, available for download from the Burris Cafeteria website. For a more detailed menu that includes nutrition information, ingredients, and a filter for food allergens, please visit NetNutrition on the Burris Cafeteria website.

To teach students how to make healthy choices, the cafeteria plans several activities and educational opportunities:
- Activity pages and kid-friendly information about health, nutrition, food safety, and being active
- Food sampling tables and nutrition programs
- Annual National Nutrition Month events in March

> **Food Allergies & Other Individual Dietary Needs**
If your student has food allergies or intolerances, or requires specific dietary assistance please contact the Burris Laboratory School Nurse. Together, we will determine how to best meet your student’s nutrition needs. A doctor will need to fill out the necessary medical documentation (form available on the Burris Cafeteria website) and additional information may be gathered.

> **Free & Reduced Meal Applications**
Applications for free/reduced price meals are now available. Remember that eligible students may eat both breakfast and lunch at a free or reduced price. Visit the Burris Cafeteria website for information on how to apply and frequently asked questions about eligibility.

> **Easy Payment Options**
Your Burris Bucks account is the payment method for all meals and snacks and functions as a declining-balance debit card. For example, if a student’s account is loaded with $10 and he/she uses the meal card to purchase lunch, $3.65 will be deducted from the account, leaving $6.35. To help students manage spending, many parents suggest a maximum allowance to spend per day. Burris Cafeteria will send home $10 and $5 tickets any time a student purchases a meal and their Burris Bucks account is below those respective amounts. Please direct balance questions to the Burris Office.
Burris Bucks can be purchased on the Burris Cafeteria website (Discover, MasterCard, Visa). Any denomination can be entered for purchase. Payments made by 5 p.m. will be available the next business day. Payments made after 5 p.m. will be available in two business days. You may also purchase by check using the Burris Food Service envelope, available in the Burris Office.

Burris Bucks remaining in a student’s account at the end of the school year will roll over into the following year. If a student will not be returning the following year, amounts of $20 or more will be refunded.

> Meal Cards
  • **Grades K-5** will receive their Burris photo ID/meal card from their teachers before each meal. Students then hand in their card to the cafeteria cashier when purchasing their meal.
  • **Grades 6-12** must carry and present their Burris photo ID/meal card at each purchase.
  • **Lost or damaged cards** must be replaced within three days at a replacement cost of $5. If a card for students in grades K-5 is lost or damaged while in possession of Burris teachers or cafeteria staff, a replacement fee will not be charged.

> Questions? Please contact us!
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  • Amanda Kruse RD, CD, BSU Dining Wellness Nutritionist: 765-285-2116
  • Heather Chalfant LPN, Burris School Nurse: 765-285-2340
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Thank You!

Amanda Kruse RD, CD
Wellness Nutritionist, BSU Dining