



Great Hearts Texas Child Nutrition – Back to School Newsletter

We are busy getting everything ready in the kitchens for your students! From revisiting the menus, to training staff, we want to be ready to greet your child with a friendly smile and great food.

Meal Accounts

Returning Students: Your child's meal account and balances have rolled over to the new school year. Make sure you add money to their account, so they are ready for the first day of school. If you haven't set up a parent account and added your child yet, please do so using the instructions below.



New Students: You will need to set up a new parent account at www.LINQConnect.com and add your child. If you have used LINQ at a previous school, you will need to add your child's Great Hearts account to your parent portal.

First create your account, then add your children. To add your child to your account, you will need:

- Our district is "Great Hearts Texas (San Antonio, Texas)"
- Student Name
- Student ID
- Date of Birth (MM/DD/YYYY)

Parent Account features:

- An interactive dashboard to view all family members in one profile
- Transfer funds between children's accounts
- Set up a la carte spending limits for your child
- Make online payments and set up recurring deposits with a credit card or electronic check
- Remotely monitor your student's account
- Set up low balance email alert messages
- Apply for Free & Reduced Meals
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Visit www.LINQConnect.com to create and manage your account! Mobile Apps are also available on the Apple Store and Google Play.

Free and Reduced Lunch Application is OPEN!

Great Hearts participates in the Free & Reduced Lunch (FRL) Program. Your family may qualify for breakfast and lunch meals at a minimal or no cost. You can [submit an application here](#). (Please do not submit an application if you have recently received a Direct Certification email for free meals.) If you apply through your parent account, you will be able to track the status of your application and have access to your eligibility letter through the portal.

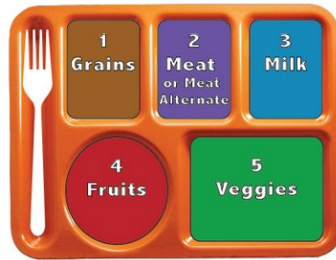
FRL Reminders:

- You MUST requalify **every year**! Make sure you have either received a direct certification email or submit an application for the **2025-26 school year**. *Any letters received before July 1st are not valid for the 2025-26 school year.* Save the eligibility letter - you might need it for other programs throughout the year!



OFFER vs SERVE The Five Meal Components for School Lunch

Choose **at least 3** including:



• $\frac{1}{2}$ Cup of **Fruits**
or **Vegetables**

• At Least 2 **Other**
Food Groups

For best nutrition, **choose all 5**

- In order to receive a free or reduced meal, a student **MUST take a complete meal**. This means that they must take 3 items for breakfast and 3 food groups for lunch. One of the items or food groups must be a fruit or vegetable. If your child refuses to take a fruit or vegetable or a complete meal, then they will not receive the free or reduced prices for that meal and will be charged a la carte pricing.

It's MORE than a Meal Application!

Completing your application can help in many areas beyond just free or reduced-price meals. These include:

- Increased funding for schools to ensure students received the support they need and deserve
- Discounts on fees associated with applying for college
- Discounts on fees associated with academic tests such as the ACT, SAT and Advanced Placement (AP)
- Discount on fees associated with participating in athletics or after school programs in the district



Child Nutrition Program Quick Info

Website: <https://texas.greatheartsamerica.org/academy-life/meal-program/>

Meal Prices:

- Breakfast: \$2.00 (FREE for Reduced)
- Lunch: \$4.00 (\$0.40 for Reduced)
- Milk Only: \$0.75
- A la Carte starting at \$1.00

Menus: <https://sla-greathearts-tx.nutrislice.com/>

District Contact: Meals@GreatHeartsTXSchools.org

Charge Policy & Meal Accommodation

Form: <https://texas.greatheartsamerica.org/academy-life/meal-program/wellness-and-compliance/>

