

Dear Parent:

Lake Forest High School is pleased to provide our families with a convenient, easy and secure online prepayment service to deposit money into your student's school meal account. This service also provides parents the ability to view your student's account balance through the website [www.MyNutrikids.com](http://www.MyNutrikids.com).

By having money in each student's account prior to entering the school cafeteria, the lunch lines will move along more quickly allowing your student more time to relax, eat and be with friends. Students will swipe their ID at the lunch line, the cashier will verify the student's identity and the account will be debited.

Some important facts:

- Your log in will be your email address. **If you are currently using this system for a child at Lake Forest School District 67, you must register your high school student(s) under a different email.** We are sorry for any inconvenience, but the system will not allow us to override this feature.
  
- If you have more than one student at Lake Forest High School you can handle all LFHS online prepayments from the same online account.
  
- Payments may be made with a major credit or debit card or made through an existing personal PayPal account. Credit card payments are generally posted within 24 hours. PayPal payments take approximately 7 days to post. Please refer to the instruction sheet for step-by-step procedures on how to access these services. You will have the ability to print out a copy of your student's eating history report. The history report will show you all dates and times that your student has purchased a lunch within the past thirty days. If you choose not to take advantage of the online prepayment service you may continue to make advance payments via check by sending payments (made payable to *Lake Forest High School*) to the school cafeteria. Please write your student's ID number on the check. As always, cash will be accepted in the lunch lines.

Visit the district website [www.lfhs.org](http://www.lfhs.org) click on Food Services (under Quick Links – bottom left) to access monthly menus, ala carte items or reference MyNutrikids information. If you have additional questions, please feel free to contact me at (847) 582-7377.

Sincerely,  
Trudy Bettiker  
Food Service Manager