

Good Things to Know About the Child Nutrition Department

2019-20 School Year

Our Menus. All grade level menus include a wide range of foods daily with a greater selection in older grades. Fresh fruits and vegetables are regularly available. Beans (legumes) prepared in a variety of methods are offered at least once weekly. Dark green vegetables and red/orange vegetables are also offered frequently. All homemade grain products are 100% whole grain with all other grains and cereals being whole grain rich.

Importance of Breakfast. Research has demonstrated children who eat breakfast have better academic careers and less behavior issues. *Breakfast certainly does feed a hungry mind!*

Required Meal Items & Menu Choices. Students must select at least 3 menu items at breakfast and at least 3 menu components at lunch as part of our 'offer vs. serve' program. **Breakfast:** students must select at least one serving (1/2 cup) of fruit. Three of four breakfast menu items must be selected. **Lunch:** at least 1/2 cup fruit, vegetable or a combination of both must be selected with two or more full size portions of other foods. Students are encouraged to try a variety of foods but are not forced to eat any food. Students can decline any item as long as the minimum number of full size portions is satisfied with a fruit or a vegetable portion included.

Eating Meals with Your Child. Parents are encouraged to eat at school with their students and are always welcome.

Smart Snacks in Schools. Federal regulations require all foods sold to students during the school day to be nutritionally equivalent to school meal requirements. Second meals cannot be purchased. Certain side items are not sold unless as part of a meal. Please see ala carte foods section for additional information.

Ala Carte Foods. High school students have the option to purchase additional ala carte items. These foods are nourishing foods not normally part of the traditional menu. Calorie free sodas can be purchased. Reimbursable meals are not available in ala carte areas.

Low &/or Negative Meal Account Balance. *Students will receive a meal regardless of the parent/guardian's ability to pay; HOWEVER we strongly encourage accounts be kept in a positive balance.*

When a student account reaches low or negative status, we will work with the parent/guardian to ensure payment is received. If the account continues to experience a negative balance, we will first report to the school administration for help in correcting the balance. If/when all other options fail, we will contact DCF to report a child in need of care.

Types of communication are dependent upon the age/grade level of the student to include phone calls &/or notes sent home for elementary students and e-mails for secondary students.

Meal Modifications. Life impairments (physical or mental) requiring meal modifications must be reported to your student's Child Nutrition Manager. Form 19-B is the documentation tool to track modifications as required by the USDA. Substitutions will be provided for meal related disabilities as prescribed by the medical authority. This form is available from your student's Child Nutrition Manager or School Nurse.

Finger Scanning. Some schools use finger scans to identify students at mealtimes. Parents are encouraged to 'opt in' for this process as it is secure and prevents meal account abuse. An alternative method of student identification is available as needed.

Fresh Fruit & Vegetable Program. Schools participating this year are Anthony, Brewer, Lawson & Nettie Hartnett students in grades K-6. Fresh snacks will be served on most Mondays, Wednesdays and Fridays.

This institution is an equal opportunity provider.

