

Good Things to Know About the Child Nutrition Department

2018-19 School Year

Smart Snacks in Schools. Federal regulations require all foods sold to students during the school day to be nutritionally equivalent to school meal requirements. This change has the most impact on ala carte or 'additional' purchases. Second meals cannot be purchased. Certain side items may no longer be sold without purchase of a meal. Please see ala carte foods section for additional information.

Our Menus. All grade levels offer multiple entrees 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 items 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.

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 are now available.

Meal Charge Limits & Alternative Meals. Elementary & Middle students can charge the total meal value of three days. LHS students can charge the amount equal to one day of meals; *ala carte purchases cannot be charged.* Elementary & Middle students are given written low balance reminders.

If a student has exhausted all funds on account and arrived at the maximum charged meal amount the student will be offered milk, bread & fruit free of charge. The student can refuse this alternative meal. Families are encouraged to send nutritious sack meals until a positive balance is achieved. Once 3 days of alternative meals have been offered school staff is required to notify the KS Department for Children & Families (DCF).

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. The Child Nutrition Department uses 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.

