

Christina School District Child Nutrition School Lunch Program

Aug/Sept 2011

Dear Parents,

Child Nutrition has compiled a summary of our services for you. Below is an explanation of our established practices and procedures.

Meal Benefit Forms

Annually families are offered the opportunity to apply for federal assistance which may result in free or reduced priced meals.

Children from families with incomes at or below 130 percent of the poverty level are eligible for *free breakfast and lunch meals*.

Those families between 130 and 185 percent of the poverty level are eligible for *reduced priced breakfast and lunch meals*.

You will receive an application in the first few days of when school opens. If you feel that your child(ren) qualify for this federally funded program please fill out the application and send it back with your child. Students can return the completed forms to teachers or to the Child Nutrition staff in their cafeteria. A letter will be sent home notifying you whether or not your application is accepted.

⇒ **If your child(ren) received *Free or Reduced priced meals last year, they will automatically receive these meals through October 13, 2011. However, if your application has not been submitted or processed by October 14, 2011 then your child's free or reduced price status will be changed to a paying status and therefore he/she will have to purchase meals.***

Nutritional Requirements

Your child's wellness is our concern. Our menu and services are designed to exceed federal regulations, promote good nutrition choices during school, and develop optimal health habits for life. Federal regulations require school meals to meet the Dietary Guidelines for Americans; limiting fat to no more than 30% of total calories and less than 10% from saturated fat. Regulations also require lunch meals to provide one-third RDA (Recommended Daily Allowances) and breakfast to provide one-fourth RDA for calories, protein, vitamin A, vitamin C, iron and calcium.



Complete Breakfast or Lunch Meals

The Christina School District follows the "Offer verse Serve" menu option. The menu is made up of 5 food components (see below). Students must select **3, 4, or all 5** food components.

<u>Food Component</u>	<u>Select</u>	<u>Examples</u>
Bread	1 or 2 oz	Bread, Rolls, Taco Wraps, Muffins, Pasta
Meat	2 oz	Fish, Chicken, Peanut Butter, Cheese
Fruits/Vegetables	1 or 2	Orange or Apple Juice, Banana, Carrots,
K-3 grades	(1/2 c)	Spinach, Mixed Vegetable, Green beans
4-12 grades	(3/4 c)	
Milk	(1 c)	Low fat milk(not more than 1%), Lactaid milk

Pin Numbers

Child Nutrition Services utilizes a computerized payment system. This system ensures the status of each child is kept confidential. The pin number will allow the student to purchase meals and snacks, identify the student and status for cafeteria staff, and display a students' balance.

Many of you have asked what they can do to help speed up the lunch lines...

1. Help your child memorize the pin number (unless they change schools the number remains the same).
2. Be sure your child has his/her money ready for the cashier.
3. **Pre-pay for lunch** via check, cash, or online www.PayPAMS.com.

Prepayments for meals

Online payments are now accepted at www.PayPAMS.com. This gives families the option to view balances and account activity.



Forget money for lunch?

Should a student in an elementary building (grades K-5) forget money or lunch the Child Nutrition staff will allow them to charge up to 3 meals, but will not be allowed to purchase seconds or snacks until the charge is paid. Automated phone contacts to households are made when account balances reach limit.

In addition, printed charge notices are sent home with the students twice a month for those identified with charges on their accounts.

In the event a student in grades K-5 has a negative balance of more than \$ 4.50, the student may be given a peanut butter and jelly or a cheese sandwich, with fruit and milk for lunch.

Cafeteria Prices:

Elementary			Middle/High		
Breakfast	(reduced price)	.25	Breakfast	(reduced price)	.25
Breakfast	(paying student)	.80	Breakfast	(paying student)	1.00
Lunch	(reduced price)	.40	Lunch	(reduced price)	.40
Lunch	(paying student)	1.50	Lunch	(paying student)	1.75

Healthy Snacks/Beverages

Healthy Snacks/beverages are available in most schools for an additional cost, ranging from \$.25 – \$1.25. For specific products call your school cafeteria.



Food Allergies

Should your child be allergic to milk or milk products, wheat, soy, fish, eggs or peanuts/tree nuts a *physician's note* is required for cafeteria staff to provide an appropriate substitute. A registered dietitian is available to meet your child(ren)'s nutritional needs.



Wellness

In an effort to promote a healthier school environment we ask that you follow these recommendations for all classroom parties. A non food item such as a book is strongly encouraged. If foods will be offered a healthy nut free food choice such as pretzels, fresh fruit, or fresh vegetables should accompany a dessert in all classroom celebrations. Water and 100% fruit juice are recommended beverages. Candy and soda are not permitted.

For more wellness information please visit our website at.....

<http://www.christina.k12.de.us/ChildNutrition/WellnessPolicy/PrinterFriendly.pdf>

While we try not to make mistakes, sometimes they happen. If you feel an error has been made or you would like to discuss an issue please call the Child Nutrition Office @ 454 – 2022.

Nutritionally Yours.....*Child Nutrition Services*