

# CHILD NUTRITION SERVICES

Christina School District

## WELCOME TO CHILD NUTRITION SERVICES

Chef Marc-Antony Williams has joined the Child Nutrition Team as Chef and Supervisor. Child Nutrition's goal is to provide our student's with foods that satisfy the daily nutritional requirements. In addition, those foods will be visually appealing and offer flavor profiles that appeal to a variety of ethnic and regional tastes. We will also offer a wider variety of menu choices. We will strive to create a friendlier dining atmosphere that our students will look forward to taking part in.



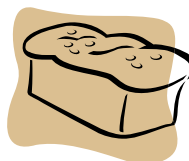
Please visit our website at [www.christina.k12.de.us/childnutriton](http://www.christina.k12.de.us/childnutriton) or contact us at:

454-2022 or [childnutrition@christina.k12.de.us](mailto:childnutrition@christina.k12.de.us)

Allergies to milk or milk products, wheat, soy, eggs or peanuts, require a physician's note for appropriate substitutions.

**Lactose free milk is available.**

New look for the upcoming fall school year will feature whole grains and whole wheat products.



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### UPCOMING:

8/29—Cafeteria's Open  
10/10-10/14 - School Lunch Week

New On-Line Pre-Payment System -  
[www.pamslunchroom.com](http://www.pamslunchroom.com)

**National Requirements**—Current regulations require schools to meet Dietary Guidelines for Americans which recommend no more than 30% calories come from fat, and less than 10% from saturated fat. Regulations also established a standard to provide one-third RDA (Recommended Daily Allowances) for calories, protein, vitamin A, vitamin C, iron and calcium for Lunch and one-fourth for Breakfast.

If you feel that your child(ren) qualify for the federally funded free or reduced priced meal program, please complete an application and send it back with your child to the 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 until October 11, 2005. However, if your application is not processed by October 11th, then your child's free or reduced price status will be changed to pay and therefore he/she will have to

purchase meals. Each student will be issued a four or five digit pin number to use to access his/her account. **Pre-pay for lunch via check or cash (buy 10 lunches and get 1 free).** The more pre-paid lunches we have, the faster the line moves. No charging is allowed in middle or high school cafeterias. Should an elementary student forget money or lunch, the cafeteria staff in their school will allow the student to charge up to 3 meals. The student will not be allowed to purchase extra items or snacks until the charge is paid. In the event a student in the elementary

school has a negative balance of more than 3 meals, the student is given a peanut butter and jelly or a cheese sandwich, canned fruit and milk for lunch. Charge notices are usually sent home once a week. Students will only receive a notice if they have charged something in the cafeterias.

### SCHOOL LUNCH PRICES ELEMENTARY

Breakfast—Reduced	.25
Breakfast—Paying	.60
Lunch—Reduced	.40
Lunch—Paying	\$1.15

### MIDDLE/HIGH SCHOOLS

Breakfast—Reduced	.25
Breakfast—Paying	.75
Lunch—Reduced	.40
Lunch—Paying	\$1.40