

East Chambers ISD Child Nutrition Program

The Child Nutrition Program provides appealing, nutritious meals to the students and staff of East Chambers ISD. As well as, assisting in the education of students on nutrition and developing healthful eating habits. Research has proven that students who are well nourished perform better at school.

Introduction to School Meal Program

Program administration falls under the guidance of the United States Department of Agriculture (USDA), the Texas Department of Agriculture, and the local school district. The district and the federal government sign an agreement regulating the school meal programs yearly.

Meals Offered

Breakfast and lunch are offered daily to all students

Nutrients Standards of Meals Served

Today's school breakfast and lunch are designed to meet stringent national nutrition standards. These nutritional guidelines require that school meals provide specific amounts of calories, protein, vitamins A and C, iron, and calcium. In addition, meals are now lower in sodium and cholesterol and higher in fiber than in the past. Total fat calories are to average 30% or less over a period of a week. Menus at the elementary and secondary level are developed monthly to meet the nutritional requirements of students at each age level.

Meal Prices

Breakfast: \$1.25 for all students 30¢ reduced \$1.75 for district staff, \$2.25 for visitors to district
Elementary Lunch PK- 4th \$1.75 for students
Secondary Lunch 5th- 12th \$2.00 for students 40¢ for all reduced status students.
\$2.50 for district staff, \$3.50 for visitor to district.

USDA regulations require that adult servings be no more than those portions served to secondary students. Adult meal prices are higher because there is no food commodity or federal reimbursement given for adult meals.

Free/Reduced Meal Program

At the beginning of the school year each student is provided an application to participate in the Free or Reduced breakfast and lunch meal program.

- New applications **must** be completed each year.
- Parents may complete **one** application for **all** children in the household.
- Applications are available in English, Spanish and other languages as needed
- Eligibility decisions will be based on federally established income and household size.
- Parents are encouraged to complete a free/reduced meal application if economic hardships exist.
- Student eligibility status is confidential.

- Students approved at the end of a school year may carry benefits for the first 30 days into the new school year. If a student does not complete a new application, students will be full pay after the 30 operating days. October 7,2008
- Applications are available at anytime during the school year and may be picked up at principals of each school.

Payment Procedures

The computerized debit system used in the cafeterias allows cashiers to debit meal and snack purchases from each individual student account. The students' computer pin number is their 4-digit school district ID. All students must learn their number as soon as possible to help the lines move quickly and smoothly.

Pre-payment into the student's account insures a nutritious cafeteria breakfast and lunch. Cash or checks may be deposited into the students account. It is suggested for younger students to send a check to cover their children's meals. All checks should include the name and pin number of the student. There is no limit to the amount of money that can be deposited into the account. Balances, both positive and negative, will be transferred yearly and stay with the student until they graduate.

Checks will not be cashed for deposit in account only. Cash change may be giving back to student unless there are charges – charges will be paid first. Students not eligible for free meals must bring their lunch when parents are unable to send money.

Parents may request a printout detailing food purchases made by the student.

Students Charges

Elementary students may charge up to 3 lunch meals. A note will be sent home when a child has charges. The charged amount must be paid back to the cafeteria before further meal service is provided. Once a student reaches their charge limit the parent must send them with a lunch until charges are paid in full. An alternative meal will be provided.

Intermediate Jr. High, and High School Student: No Charging is allowed.

Offer vs. Serve

Breakfast: All students are provided meat/meat alternate and grain/ bread or 2 meat/meat alternatives or 2 grain/bread; 1 fruit/vegetables; and milk components in a meal. All students are given choice of Offer vs. Serve; a student may refuse 1 component of the meal.

Lunch: All students are provided meat/meat alternate, grain or bread, 2 fruit/vegetables, and milk components in a meal. **Students in grades 3 – 12** only are given the choice of Offer vs. Serve. The students may refuse 2 of the components that they are not going to eat. The purpose of offer vs. serve is to help prevent food waste.

Texas Public School Nutrition Policy

New nutrition guidelines have been established for Texas Public Schools. Check the East Chambers ISD/Food and Nutrition website for details concerning allowed foods and beverages for the various campuses. Also visit the web site

www.squaremeals.org

Cafeteria Staff Training

The Child Nutrition Department has a continuous training program designed to address food sanitation, cooking skills, safety, and customer service.

Cafeteria Etiquette

Meals may **not** be purchased another student Walk at all times.

Wait in line patiently.

Be polite to those serving you.

Dispose of trays and trash properly.

All food and drink stays in the cafeteria.

Use good manners.

Clean up your seating area.

Fun Web Sites

www.dole5aday.com

www.nal.usda.gov/childcare

www.fns.usda.gov/eatsmartplayhard

We sincerely hope this brochure will answer any questions parents may have regarding the meal plans available to students. If you have any questions call:

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Food and Nutrition Program