

CARROLL COUNTY SCHOOL NUTRITION PROGRAM

We welcome the opportunity to provide your student with nutritious, appetizing meals at school. It has been proven that a hungry child cannot learn, and we offer a variety of choices at each school level to appeal to children's needs and appetites. Each school meal meets 1/3 of the daily nutritional requirements for children and they also comply with USDA's guidelines for 9 different nutrients. The menus are published in the Sunday newspaper and are available on the system website. Please join your student for meals as often as you like. There are many new and exciting changes taking place in our School Nutrition program and we would love to share them with you!

Meal Prices:

Breakfast:

Full Price (all students) \$1.35

Reduced Price \$0.30

Adult \$1.75

Lunch:

Elementary Full Price \$2.25

Middle School \$2.40

High School \$2.65

Reduced Price \$0.40

Adult \$3.25

Extra Milk \$0.50

FREE AND REDUCED APPLICATION PROCESS

Some students may qualify for free or reduced priced meals based on family income and household size. Others may be eligible for free meals because they receive food stamps or Temporary Aid to Needy Families (TANF). Foster children and homeless children also qualify for free meals. A family application for free and reduced meals is distributed to every student at the beginning of school. If you have multiple students in school **ONLY COMPLETE ONE APPLICATION**. Parents are to list **all** their children and household members on **one** family application and return it to the school promptly. **Applications are now available on line!** Go to the Carroll County web page and look under the school nutrition tab to find the link to take you to the application. For assistance call the SN office at 770-832-3568 and ask for Janet Smith, Free & Reduced Specialist.

Parents are responsible for paying for children's meals until applications have been approved. The only exception is for Carroll County students who received free or reduced meals last year; they may continue receiving those benefits for the first 20 days of school or until the new application is processed. However, a **new application must be submitted every year.** You may apply for free or reduced meals at any time during the school year.

Students who are approved for free and reduced meals are still responsible for purchasing milk if they choose to bring a lunch from home.

PAYMENT OF MEALS AND CHARGES

If students do not qualify for free meals, they are expected to pay for their meals at the time of service. Parents may send checks or cash to pre-pay for the meals. If you send money or a check, please place in an envelope with your child's name, amount sent, and the child's student identification number. It is helpful to put the child's name on the memo section of the check especially if it differs from the parent's or guardian's name on the check.

For your convenience, beginning July 15, 2016 you will be able to place funds in your student's account using our on-line payment system. The link is www.myschoolbucks.com. You will need to have a debit or credit card to use the on-line payment system. There is a transaction fee of

\$2.00 for the service each time you use the service. The \$2.00 fee covers multiple transactions. You can place money on more than one child's account each time you log into myschoolbucks.

MEAL CHARGES

Elementary, middle and high school students are allowed to charge up to a balance of \$5.00. After the limit is reached, students will be offered an alternative meal for a cost of \$1.00. The alternative meals consist of a PB&J sandwich, fruit, and a carton of milk. This is offered for a limited time until the balance owed is paid.

Calls from the School Nutrition Office are made frequently during the week to notify parents of charges. However, it is extremely important that parents stay abreast of their student's balances through the free e-mail alert service offered through MySchoolBucks.

Students who withdraw to another school system should request a full refund of funds available in the student's account or pay current balance owed, on the day of withdrawal from Carroll County Schools. Parents will have 45 days to request a refund after withdrawing from the school district.

If parents do not pay for their students' meals and do not send a lunch, they will be referred to the school principal. At the principal's discretion, further referral may be made to a school social worker or other appropriate internal or external agency. If parents are experiencing financial hardships, it is important that they notify the principal so that a free/reduced application can be completed or other help offered. WE believe hungry children cannot learn! We will do our best to assist you any way we can.

Adults are not allowed to charge meals. We ask that staff place funds into their accounts at the first of every month to cover meal charges. Federal regulations state adults are not allowed to charge meals purchased through the School Nutrition Program.

Wellness and Nutrition Standards

New Wellness and Nutrition standards were implemented at the beginning of the 2014 – 2015 school year. This policy has been updated as of June 2017. All foods and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law. Guidelines shall not be less restrictive than regulations issued by the U.S.

Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

The Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience.

Please refer to BOE Policy EEE and BOE Rule EEE-R for more details.

Highlights of Changes to the Wellness Program Include:

- We recommend all foods sent/brought to school for classroom celebrations to be commercially made and sent to school in the sealed packages with ingredient labels on package due to possible ingredients that would affect a student with food allergies. Snacks cannot be served before lunch period has ended.
- Ice cream may be sold at the end of the lunch period at the elementary and middle schools. Only low fat ice cream, yogurt, or real fruit juice popsicles will be sold at all schools.
- Middle school and High school vending machines will only offer snack foods that are in alignment with initiatives specified in the 2010 Healthy Hunger Free Kid's Act produced by USDA.