

FOOD FOR THOUGHT Fall 2017

Special Family Edition Newsletter

The Newsletter of the Department of School Nutrition at Hardin County Schools

Welcome to Hardin County Schools for the 2017-2018 School Year!

The Department of School Nutrition welcomes you to a new school year that we hope will provide students new ideas to enhance their experience in the school cafeterias. This newsletter will provide you with information about cafeteria operations at all of the Hardin County Schools. We hope that you will take a few minutes to read this edition and learn about your school cafeteria's breakfast and lunch programs. We are here to serve the nutritional needs of the students.

We offer a variety of foods that include fresh fruits and/or vegetables daily, including seasonal fruits and vegetables, with vegetarian options offered occasionally. Menus are posted on the web page www.hardincoschools.com. Check these out to see what's "new and different". Our goal is to feed all of the children in the district a nutritious breakfast and lunch every day. You can rest assured that our team strives to do just that at every meal.

Community Eligibility Provision

This school year, breakfast and lunch will be provided at **NO CHARGE** for all students of Hardin County. Hardin County School Nutrition Program is excited to participate in the USDA Community Eligibility Provision, but this 4 year grant program will expire in June 2018. We hope to reapply for future school years and will keep everyone posted on this possibility. USDA has specific criteria that individual schools must meet to qualify for this federal program. Students may also purchase extra entrees or other a la carte items in addition to the meal they receive. They must have money in hand or in their school café account in order to purchase these extra items.

Meal Pricing for Adults and Visitors

Adult HCS Employee Meal - Breakfast \$2.00
Adult HCS Employee Meal - Lunch \$3.00
Visitor Meal - Breakfast \$2.50, Lunch \$4.00
Holiday Visitor Meal - \$5.00*

*Thanksgiving, Christmas and Easter

What Makes up Today's School Meals?

School lunches today are not what they used to be when many of us were in school. Today, students are given choices of the foods they want to eat through a program called "Offer-vs-Serve." All grades, with the exception of Pre-K, will be offer-vs-serve, unless the meal is transported. Here is how the program works today and the choices that your children have when they dine with us.

Breakfast: There are three components that make up a "School Breakfast":

- A Serving of Grain or Meat to count as Grain or Grain/Meat combination
- A Serving of Fruit and/or Fruit Juice (up to 1 cup total)
- Milk – 1 cup

For a student's choices to count as a breakfast, the student must choose a minimum of three items from at least two different components. One of the items selected **MUST** be a minimum of ½ cup fruit or fruit juice. There is a maximum of five food items that a student may choose for breakfast. Some grain or grain/meat combinations may be a single item but will count as 2 items, i.e.: breakfast pizza, sausage and biscuit, etc.

Lunch: There are five components that make up a "School Lunch":

- One Entrée – Meat/Meat Alternate
- A Serving of Vegetables (up to 1 cup total)
- A Serving of Fruit (PK-8 may select ½ cup) (Grades 9-12 may select up to 1 cup fruit)
- A Serving of Grain
- Milk – 1 cup

For a student's lunch tray to count as a "School Lunch," they must select an item from at least three different food components, or they may choose all five. One of the items selected **MUST** be at least ½ cup serving of fruit or vegetable.

Wholesome meals are prepared daily in each of our school cafeterias. All HCS cafeterias offer multiple entrees daily so students have choices. In the 2016-2017 school year, we served 488,430 lunches and 263,280 breakfasts in our school cafeterias.

We Welcome Adults to Come Dine with their Students!

If you ever get the chance to enjoy a breakfast or lunch with your child, we encourage you to do so. We always welcome parents into the school cafeteria to eat with their children. Prices for visitor meals are included in this newsletter. You will need to check in at the school office prior to coming to the cafeteria.

Why is Breakfast so Important?

Breakfast gives your child the "fuel" that is important for their physical needs so they can be as successful as possible each day at school. There have been many studies proving the advantages of a good breakfast to help students start the day off right and to achieve their highest academic levels. Studies have shown students

that eat breakfast have increased learning and concentration. All seven of our school cafeterias offer a full breakfast each morning. Some of the items offered are whole grain cereal, yogurt, whole grain muffins, biscuits, eggs, sausage, mini pancakes, breakfast pizza, 100% fruit juice, fresh fruits and milk. Check out the time that your school starts breakfast and give it a try. It is a great way to start the day.

Student Charges

Students are **not allowed** any charge. A meal is provided at no cost to all students. Any additional items require students to have either cash or money on their school café account. All students are given a unique number at the beginning of the year that they must use in the cafeteria.

Quality Products Make Quality Meals!

Hardin County uses food products from many of the same quality manufacturers that you use in your home kitchens. Listed below are just a few examples of the quality products we use:

Purity milk, Tyson, Bush's and Allen's vegetables, Conagra, Pillsbury, Juicy Juice, General Mills, Kellogg's, Heinz, Schwan's, Simplot, Dole, Goldkist Farms, Chef Boyardee, State Fair, Sister Schubert, Uncle Bens, Yoplait and Frito Lay.

Fresh Fruit and Vegetable Program Grant East Hardin, Northside, Parris South and West Hardin Elementary Schools

were once again awarded a grant for 2017 – 2018 from the USDA Fresh Fruit and Vegetable Program. All students in these schools will be offered a free fresh fruit or vegetable snack daily. This is a combined total of over \$75,000.00 to provide these healthy snacks each day.

Healthier US School Challenge - Smarter Lunchroom

The USDA has recognized and awarded all seven Hardin County Schools the Healthier US School Challenge – Smarter Lunchroom Bronze level awards for 2017. This is a voluntary certification initiative for Team Nutrition schools that have created healthier school environments through promotion of nutrition, physical activity and smarter lunchroom initiatives.



Help Wanted

Hardin County School Cafeterias are always in need of dependable and dedicated substitutes for the school cafeterias. These opportunities are perfect for parents with children because you can work the same hours and days as your children. Fill out an application at the Hardin County Board of Education, 155 Guinn Street, Savannah, TN, or call Cheryl Cochran or Laura Hinton at

925-3943 for more information. You may also talk to the manager at your child's school.

How to Get in Touch with Your School Cafeteria...

If you ever have a question about your cafeteria, you can call the manager of that school's dining facility and talk directly to her. Here is a "Who's Who" for the School Nutrition Program of Hardin County Schools.

<u>School</u>	<u>Manager</u>	<u>Tele #</u>
East Hardin Elementary	Jackie Smith	926-4622
Northside Elementary	Janice Collins	926-4522
Parris South Elementary	Linda Wood	925-2230
West Hardin Elementary	Donna McCasland	632-3242
Hardin County Middle	Shanna Davis	925-4247
Southside School	Mandy King	689-5315
Hardin County High	Donna Wallace	925-2238
School Nutrition Office	Cheryl Cochran Laura Hinton	925-3943

WE HOPE THAT YOUR STUDENT HAS A WONDERFUL SCHOOL YEAR FILLED WITH NUTRITIOUS SCHOOL MEALS, LOTS OF LEARNING AND MUCH HAPPINESS.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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