

# FOOD FOR THOUGHT Fall 2018

## School Nutrition Program Newsletter - Hardin County Schools

### Welcome to Hardin County Schools for the 2018-2019 School Year!

The School Nutrition Program welcomes you to a new school year. 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.

A variety of foods are offered daily, including seasonal fresh fruits and/or vegetables. Menus are posted on the web page [www.hardincoschools.com](http://www.hardincoschools.com) and elementary menus are published each week in The Courier newspaper. 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

Again this school year, breakfast and lunch will be provided at **NO COST** for all students in Hardin County Schools. Hardin County School Nutrition Program is excited to participate in the USDA Community Eligibility Provision again this year. We hope to have the required number of eligible students 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.

### Household Survey

You will be receiving a Household Survey at the beginning of school this year. The information you provide is helpful to us as we work to try to qualify for the CEP program for the following school year. Please fill out the survey and return it with your student to school.

### 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 and meals, with the exception of Pre-K breakfast, will be offer-vs-serve, unless the meal is transported. Even if students bring a sandwich or lunch from home they might want to get a meal at school consisting of fruit and vegetable accompaniments and milk to drink.

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":

- Grain or Meat to count as Grain or Grain/Meat combination
- 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 2017-2018 school year, we served 476,513 lunches and 263,061 breakfasts in our school cafeterias. We look forward to the opportunity to feed your children this school year.

### A la' Carte Purchases

Students may also purchase extra entrees or other a la' carte items in addition to the meal they receive. Students are not allowed to charge items. They must have money in hand or in their school café account in order to purchase these extra items. Some Smart Snack approved items available in all schools are:

Extra Entrees (Pizza, Burger, etc.)	\$1.75
Extra Fruit or Veggie	.75
Extra Milk	.50
Ice Cream	.75
Juicy Juice 100% Fruit Juice	.75
Beef Jerky Stick	.75
Fruit Roll-ups	.50
Mini Rice Krispie Treat	.25

Hardin County High School and Hardin County Middle School also offer additional Smart Snack approved chips and snacks for sale a la' carte in the cafeteria.

## Barcodes

Each student and adult has an individualized 4-digit barcode that they use daily to access their computerized school café account. This number is unique to each customer and is assigned when they enter Hardin County Schools. This number will remain with them during their entire time while enrolled in our school system. Students are encouraged to memorize their barcode since they will be entering it on a keypad in the cafeteria for each meal. Money may be deposited into student's computerized school café account to use for purchases of extra and a la' carte 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

## Come Dine with Your Student!

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.

## Contacting 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>Phone #</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 Kristen Tomlinson	925-3943

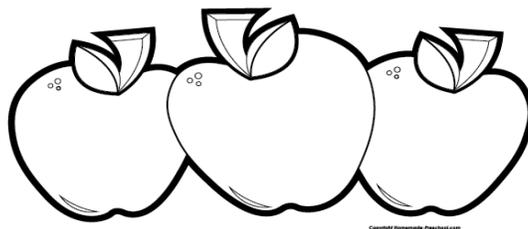
## Help Wanted

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

## 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, Tyson, Conagra, Pillsbury, Juicy Juice, General Mills, Kellogg's, Heinz, Schwan's, Simplot, Dole, Goldkist Farms, Chef Boyardee, State Fair, Yoplait, Sister Schubert, Uncle Bens 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 2018 – 2019 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 \$77,000.00 to provide these healthy snacks each day.

## Students Transferring Schools

If your child is moving from one school to another school within Hardin County, their money from their computerized school café account will roll to their new school. If there is any money left in the child's account at the end of the year, it will be available to him/her at the start of the new school year.

## Wellness Policy

Hardin County's Wellness Policy and most recent assessment are posted on the Hardin County School's website at [www.hardincoschools.com](http://www.hardincoschools.com). Please contact Cheryl Cochran at 731.925.3943 if you are interested in participating in the assessment, review and update of our local school wellness policy.

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