

SCHOOL NUTRITION FACT SHEET



- ❖ The School Nutrition Program is totally self supporting. The program does not receive any local tax dollars or financial assistance from the school system. The School Nutrition Program is expected to make its own money and pay all of its own expenses including food, equipment salaries and benefits. Sources of funding for the program include: school breakfast and lunch sales, a la carte food sales, federal funding received each month and state funding received once per year.

- ❖ Meal Prices for the 2016-2017 school year are as follows:

School Breakfast at all levels	\$1.25
School Lunch Elementary	\$2.30
School Lunch Secondary	\$2.55
Adult Breakfast	\$1.60
Adult Lunch	\$3.30
8 oz. Milk	\$0.60
4 oz. 100 % Juice	\$0.40

- ❖ The School Nutrition Program does sell a la carte items such as cookies, ice cream, bottled water, etc. in the school cafeterias to help supplement income. Students must have money on their account or at the time of purchase in order to purchase these items. School cafeterias are not allowed to charge a la carte purchases for students or staff. A complete list of available a la carte items and prices is available on the school nutrition website.

- ❖ Parents can limit access to a la carte purchases by writing a note to the cafeteria manager and it will be noted on the student's account.

- ❖ A school lunch contains 5 components which are:
 - Meat/Meat Alternate
 - Vegetable
 - Fruit
 - Grains
 - Milk

- ❖ A school breakfast contains 4 food items from the following food groups:
 - Milk
 - Fruit/Juice/Vegetable
 - Grains
 - Meat/Meat Alternate is now optional at breakfast

- ❖ The School Nutrition Program participates in "Offer Versus Serve". School cafeterias are required to offer all 5 components but students only have to choose 3 of the 5 components for the meal to meet federal requirements and be eligible for reimbursement. Students may take all 5 components if they choose. Previously, students didn't have to take a fruit or vegetable at all, as long as they took enough other items. Effective with the 2012-2013 school year students must choose at least one fruit or veggie serving to meet the new mandated USDA Federal Regulations. For breakfast students must choose at least 3 food items from the items offered for the meal to be considered reimbursable.

- ❖ Parents must reapply for free and reduced price school meal benefits each school year. The meal status that a student had at the end of the previous school year will carry over for the first thirty operating days of the new school year. This carry over period allows parents ample time to fill out the new application for the new school year. A student's approved meal status covers both breakfast and lunch only. Free & reduced price meals can be applied for at any time during the school year.
- ❖ The School Nutrition Program does have a meal charge policy. Full paying elementary students are allowed to charge up to \$6.90 and reduced price paying students are allowed to charge up to \$2.40 before the student is given an alternate meal of a sandwich and milk. Full paying middle school & high school students are allowed to charge up to \$7.65 and reduced price paying students are allowed to charge up to \$2.40 before the student is given an alternate meal of a sandwich and milk. If a student has a negative balance on their meal account, all monies received will go to satisfy the negative balance first and the remaining amount will be applied to the student's account.
- ❖ The School Nutrition Program is committed in working with all students who have a dietary restriction or food allergy. Please contact the cafeteria manager or school nutrition supervisor if your child has a dietary restriction or food allergy. In order to make a food substitution for a food allergy, the school nutrition program must have a note from the student's physician stating the foods to be avoided and the appropriate substitution.
- ❖ A parent has three options to put money on their child's meal account:
 - **Online** - Using www.mySchoolBucks.com. The service is easy to use, convenient, private and secure. There is a service fee of \$2.50 per student, per transaction. If you do not want to make payments online you may simply register for a mySchoolBucks account to monitor your child's account balance and the purchases made in the school cafeteria. You can also request low balance email notifications when your child's balance reaches an amount set by the parent. There is no charge to the parent to do this.
 - **Check** - **Write a check to your child's school cafeteria. Please be sure that all checks contain a phone number. It is helpful for the parent to write the student's name and pin number in the memo line of the check.**
 - **Cash** - Cash can be deposited on the student's account or students may pay cash on a daily basis.
- ❖ For additional information on any of the topics listed on the fact sheet please and other school nutrition information, visit our website at www.bedford.k12.va.us. Click on the Parents Tab at the top of the page and scroll down to School Nutrition. You may also contact Karen Arthur, School Nutrition Supervisor, at 586-1045 ext. 224 with questions or concerns.

School Meals

We serve education every day
Bedford County School Nutrition Program

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