



Food & Nutrition Services Department Elementary Student Handbook Information

Martin County Schools provide both breakfast and lunch service to students. The menus have been created by a registered dietitian to encourage healthy selections and to meet the nutritional needs of growing students. School lunches meet meal pattern and nutrition standards based on the Dietary Guidelines for Americans and are designed to provide children with approximately one-third of the nutrients required according to the Recommended Dietary Allowances (RDA).

The current meal pattern increases the availability of fruits, vegetables and whole-grains while reducing sodium. Additional information pertaining to the National School Breakfast and/or Lunch Program can be located at - www.fns.usda.gov .

School Lunch:

The USDA has set new standards and guidelines for what constitutes a reimbursable meal for students. Students are offered at least 5 components. These 5 components are various varieties of proteins, fruits, vegetables, whole grains and milk. Students are required to take at least 3 of these components: one component must be a vegetable or fruit to qualify as a meal. The student will be charged ala carte prices for each item if the components are not met. Cashiers try to encourage each student to get items to complete their tray to make a reimbursable lunch.

Meal Pricing: Student meal prices for school year 2017-2018

Breakfast (full paid)	\$1.50	Breakfast (reduced)	\$0.30
Lunch (full paid)	\$1.85	Lunch (reduced)	\$0.40
Second Lunch (<i>all age groups</i>)	\$2.75*	Second Breakfast (<i>all age groups</i>)	\$2.25*
Premium Meal	\$3.25		

**Federal Reimbursement does not cover second meals.*

Menus:

Students and their families can now view menus, nutrition data and allergen information for meals served in all schools through the Nutrislice webpage - www.martinschools.nutrislice.com and (free) smartphone app. For those with the Alexa device, install the free Alexa skill “School Menus by Nutrislice” and just ask: “Alexa, open school menus.” and “What’s for lunch?” and you will get an audio response telling you what’s on the menu for today!

A La Carte Snacks:

Students are permitted to use money from their account to purchase a second entree as well as “Smart Snack” approved snacks. Parents may restrict their student from purchasing snacks by submitting a written request to the school’s cafeteria manager.

● Nutrition Standards for Snacks/ “Smart Snack” Guidelines

Any food sold in schools must:

- Be a whole grain-rich grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

- Calorie limits: ≤ 200 calories
- Sodium limits: ≤ 230 mg
- Fat limits: ° Total fat: $\leq 35\%$ of calories ° Saturated fat: $< 10\%$ of calories ° Trans-fat: zero grams
- Sugar limit: ° $\leq 35\%$ of weight from total sugars in foods

Food Allergies & Menu Modifications:

At the beginning of each school year, or at the time of enrollment, parents are responsible for communicating any special dietary needs of their child, including food allergies, to the District and Food & Nutrition Services Department. Substitutions to regular school meals provided by the District will be made for students who are unable to eat regular meals due to a qualifying dietary need when that need is certified in writing by the student's physician. Please print out the most current Medical Request for Special Dietary Accommodations form from the MCSD Food & Nutrition Services Department webpage (or request a paper copy from the school's cafeteria manager). Once the form is submitted to the school, please allow **5-10 business days** for processing. During this timeframe, please provide a safe meal for breakfast and lunch.

Meal Payment and Meal Charging:

We encourage parents to periodically check your student's account to make certain your child is current. Parents can view purchases and are able to make online payments at www.k12paymentcenter.com.

It is the parent and student's responsibility to keep meal account balances positive. Elementary students are allowed up to two (2) meal charges. After the second charge, the student will receive an alternate meal (sandwich and juice). The alternate meal will be allowed for up to two times. After this time, the parent will be contacted to bring money in for the student, or bring a lunch for the child. *There is no charge for the alternate meal.*

Free and Reduced Meal Family Applications:

The Martin County School district participates in the National School Lunch Program. As a participant, the district must make available free or reduced priced meals to all eligible students. All Florida districts participating in the National School Lunch Program must participate in the State of Florida Direct Certification Process. This Process provides each district with a list of students in their district, who reside in a food stamp-eligible family. These students are automatically certified as eligible to free or reduced priced meals. A notification letter will be sent to the household listing students in the household who are eligible for direct certification benefits. Parents are permitted to decline this benefit by returning the notification letter to the District Food & Nutrition Services (FNS) Department Office indicating a decline of benefits. If a sibling is not listed on the Direct Certified notification letter, we ask the parent to please notify the FNS office in order to extend the free lunch benefit to other family siblings. If you do not received the Direct Certified notification letter within the first 30 days of school, please fill out the application for Free and Reduced Price Meals <https://www.lunchapplication.com>. Please submit only **one application** per family, listing all Martin County students. Once an application is submitted, the Food and Nutrition Services Department will process it **within 10 business days**. Make sure during the application process that your student brings money for meals or a lunch from home.

Parents may apply for Free/Reduced lunch by filling out an application online at lunchapplication.com or by filling out a paper application. Paper applications can be obtained through the cafeteria manager or the food and nutrition services office located at 1050 East 10th Street, Building 13, Stuart FL 34996. Free/Reduced lunch applications are to be submitted every year unless the student is pre-qualified. Previous year's eligibility status

will rollover until a new eligibility is determined or until the first 30 operating days are over, whichever comes first.

Applications are accepted any time during the school year. Families whose circumstances have changed during the year may apply/ or reapply for benefits. Please direct all of your questions to the Food Nutrition Service Manager at your school or the Food & Nutrition Services Office by calling 772-223-2655 ext. 100.

Wellness Policy

The district's Wellness Policy supports the mission of the Martin County School District by providing the environment that cultivates maximum student potential. Nutrition and physical activity influences a child's development, health, well-being and potential for learning. Please refer to the MCSD Food & Nutrition Services webpage to access the current wellness policy.