

# *Southeast Fountain School Corporation*

---

## **BREAKFAST AND LUNCH PRICES FOR 2015-2016**

ELEMENTARY BREAKFAST	\$1.20	REDUCED B'FAST .30
ELEMENTARY LUNCH	\$2.00	REDUCED LUNCH .40
HIGH SCHOOL BREAKFAST	\$1.20	REDUCED B'FAST .30
HIGH SCHOOL LUNCH	\$2.20	REDUCED LUNCH .40

## **USDA MEAL REQUIREMENTS FOR 2015-2016**

1. SODIUM LIMITS ARE STILL IN EFFECT WITH NO ADDITIONAL SALT AVAILABLE TO STUDENTS. WE OFFER SEVERAL FLAVORS OF NO SALT SEASONINGS THAT STUDENTS CAN ADD TO THEIR FOOD TO ENHANCE THE FLAVOR AND TASTE.
2. ALA CARTE RESTRICTIONS REMAIN IN EFFECT FOR ALL SIDE ITEMS AND SNACKS WITH CALORIE AND FAT GUIDELINES. THE SIDE ITEMS CURRENTLY AFFECTED UNDER THIS REQUIREMENT ARE MACARONI AND CHEESE AND HASH BROWNS. STUDENTS MAY SELECT ONE SERVING OF THESE ITEMS WITH THEIR MEAL (WHEN ON THE MENU) BUT ARE NOT ALLOWED TO PURCHASE ANY ADDITIONAL SERVINGS. ALL SNACK ITEMS AVAILABLE FOR PURCHASE MEET THE GUIDELINES AND AS NEW ITEMS BECOME AVAILABLE FROM OUR SUPPLIERS, WE WILL ADD THOSE AS WELL.
3. WE CONTINUE TO MEET REQUIREMENTS SET FORTH IN THE USDA HEALTHY HUNGER-FREE KIDS ACT OF 2010 WHICH INCLUDES REQUIREMENTS IN THESE FIVE (5) FOOD

COMPONENTS: MEAT/MEAT ALTERNATE, VEGETABLES, FRUITS, GRAINS AND MILK. WE FOLLOW AN OFFER VS SERVE PROGRAM WHICH MEANS STUDENTS HAVE TO SELECT THREE (3) OUT OF THE FIVE (5) COMPONENTS OFFERED, WITH A FRUIT AND/OR VEGETABLE REQUIRED, TO MAKE A COMPLETE MEAL.

THERE IS ALSO CERTAIN CRITERIA WE MUST MEET UNDER EACH OF THOSE COMPONENTS:

**MEAT/MEAT ALTERNATE** – ELEMENTARY: MUST OFFER A MINIMUM OF 1 OZ. PER DAY/9 OZ. PER WEEK. HIGH SCHOOL: MUST OFFER A MINIMUM OF 2 OZ. PER DAY/10 OZ. PER WEEK.

**VEGETABLES** – MUST OFFER 1 CUP DAILY (REQUIRED TO TAKE AT LEAST ½ CUP VEGETABLE AND/OR FRUIT AT LUNCH) THAT INCLUDE THESE SUB GROUPS: DARK GREEN (BROCCOLI, ROMAINE LETTUCE), RED/ORANGE (CARROTS, TOMATOES), LEGUMES (BAKED BEANS, REFRIED BEANS), STARCHY (CORN, PEAS, POTATOES) AND OTHER (CAULIFLOWER, CELERY, CUCUMBERS, GREEN BEANS). THESE SUBGROUPS MUST BE OFFERED WEEKLY.

**FRUITS** – MUST OFFER 1 CUP DAILY (REQUIRED TO TAKE AT LEAST ½ CUP FRUIT OR A JUICE AT BREAKFAST AND REQUIRED TO TAKE AT LEAST ½ CUP FRUIT AND/OR VEGETABLE AT LUNCH). OPTIONS ARE FRESH FRUIT, CANNED FRUIT AND JUICE (WHEN OFFERED).

**GRAINS** – ELEMENTARY: MUST OFFER A MINIMUM OF 1 OZ. PER DAY/8 OZ. PER WEEK. HIGH SCHOOL: MUST OFFER A MINIMUM OF 2 OZ. PER DAY/10 OZ. PER WEEK. ALL GRAINS MUST BE WHOLE GRAIN RICH.

**MILK** – MUST OFFER A MINIMUM OF 1 CUP PER DAY/5 CUPS PER WEEK. ALL MILK MUST BE LOW-FAT OR FAT-FREE.

## **CHARGING POLICIES**

**ELEMENTARY**: WHEN A STUDENT ACCUMULATES A NEGATIVE BALANCE OF \$5.00, PARENTS WILL BE NOTIFIED. WHEN A STUDENT REACHES A NEGATIVE BALANCE OF \$10.00, THEY WILL RECEIVE AN ALTERNATE LUNCH. THE CHARGE FOR THIS MEAL WILL BE \$2.00, THE PRICE OF A REGULAR LUNCH. STUDENTS WILL NOT BE ALLOWED TO GET EXTRAS AT ANY TIME IF THEY HAVE A NEGATIVE BALANCE. PAYMENT MAY BE MADE BY CASH, CHECK OR ONLINE USING A CREDIT CARD.

**HIGH SCHOOL**: WHEN A STUDENT ACCUMULATES A NEGATIVE BALANCE OF \$5.00, PARENTS/STUDENTS WILL BE NOTIFIED. WHEN A STUDENT HAS REACHED THE CHARGING LIMIT OF \$10.00, SERVICE WILL BE DISCONTINUED UNTIL PAYMENT IS MADE. STUDENTS WILL NOT BE ALLOWED TO GET EXTRAS AT ANY TIME IF THEY HAVE A NEGATIVE BALANCE. PAYMENT MAY BE MADE BY CASH, CHECK OR ONLINE USING A CREDIT CARD.