

Text in red needs to be updated with individual district information.

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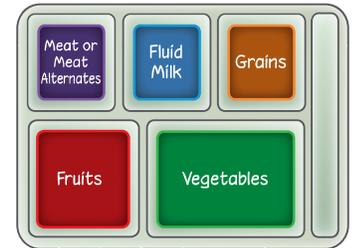
Welcome to ABC School District's Child Nutrition Program!

The Child Nutrition Program offers nutritious breakfasts and lunches at every ABCSD school building. Proper nutrition is fundamental for the success of academic programs.

Our meals meet the new USDA Nutrition Standards, which requires the following:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- Less sodium

Build a Healthy Lunch



The new requirements build on the work we have already been doing to provide more fruits, vegetables, whole grains and healthier main dishes in our cafeteria. Now is a great time for students to choose school lunch! Check out the "Meal Requirements" tab to learn more.



Contact Information

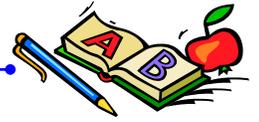
Chelsea Cherry Tomato - Food Service Director
 123 Vine Drive.
 Appleton, Iowa 51234
 Phone: 555-555-5555
 Fax: 555-555-5555
 E-mail: cherrytomato@abcsd.edu

Federal Civil Rights Statement

This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Iowa Nondiscrimination Statement

It is the policy of the Iowa Department of Education, Bureau of Nutrition, Health and Transportation Services not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.7 and 216.9. If you have questions or grievances related to compliance with this policy by the Iowa Department of Education, Bureau of Nutrition, Health and Transportation Services, please contact the Iowa Civil Rights Commission, Grimes State Office Building, 400 E. 14th St., Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; web site: <http://www.state.ia.us/government/crc/index.html>.



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Meet Our Staff



Food Service Director

Add short bio and picture (optional)

Food Service Administrative Assistant

Add short bio and picture (optional)

Food Service Manager

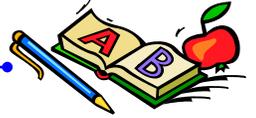
Add short bio and picture (optional)

Contact Information

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Menus

The Child Nutrition Department is committed to working together with parents to engage students in developing life-long healthy eating habits, not only in school, but at home.

Links to menus for various grade levels can be found below. Menus are updated to reflect weather related school cancellations. All menus are subject to change. Menus are provided in .pdf format and require Adobe Reader to open.

[Elementary Menu](#)

[Middle School Menu](#)

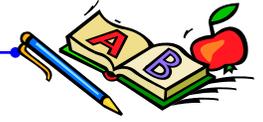
[High School Menu](#)

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Meal Requirements

Schools across the United States offer meals to students that meet the reimbursement guidelines from United States Department of Agriculture (USDA). School meals are priced as a unit, and we receive federal and state reimbursement to offset our costs.

To get the most for your money, encourage your child(ren) to purchase a complete meal.

For breakfasts, students may choose (Modify if using the new breakfast meal pattern - effective fall 2013):

1 serving	Milk (1/2 pint fluid milk)
1 serving	4 oz. fruit juice OR fruit
1 or 2 servings	Grain/meat/meat alternative (which includes the daily entrée)

If students choose at least 3 components (milk, fruit, grain and/or meat/meat alternate), their breakfast will be at the reimbursable meal rate. If they only choose 2 components, we must charge for each item separately, as the selections would not meet the USDA's requirements for a complete reimbursable meal.

Example:

Menu

Cheerios
Yogurt
Orange Slices
Milk

Student selects:

Cheerios, Yogurt, and Milk
This is a reimbursable breakfast!

For lunch, students may choose:

1 serving	Milk (1/2 pint fluid milk)
1 serving	Fruit
1 serving	Vegetable
1 serving	Grain
1 serving	Meat/Meat Alternate

If students choose at least 3 components (milk, fruit, vegetable, grain, meat/meat alternate) with one being a fruit and/or vegetable (1/2 cup minimum), their lunch will be at the reimbursable meal rate. If they only choose 2 components, or do not take a fruit or vegetable, we must charge for each item separately, as the selections would not meet the USDA's requirement for a complete reimbursable meal.

Example:

Menu

Hamburger
Whole Wheat Bun
Romaine Lettuce
Tomato Slices
Apple Slices
Milk

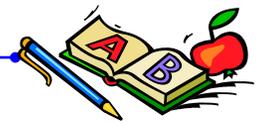
Student selects:

Hamburger on Whole Wheat Bun, Apple Slices (1/2 cup), and Milk
This is a reimbursable lunch!

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For more information on the USDA School Meal Requirements, [click here](#).



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Meal Prices

Below are the meal prices for the 2012 - 2013 school year:

Student Breakfast: **\$0.00**
 Student Lunch: **\$0.00**
 Single Milk: **\$0.00**

Adult Breakfast: **\$0.00**
 Adult Lunch: **\$0.00**

2012-13 Free & Reduced Price School Meals

If your total household income is within the limits listed in the table below, your children may be eligible for either free or reduced-price school meals. If your child/children qualify, you may also be eligible for food assistance benefits from the State of Iowa, Department of Human Services (DHS).

Below is an application. For questions or more information contact the **Food Service Director**.

[Iowa Eligibility Application](#)

For about state food assistance benefits, contact 1-877-937-3663 (1-877-YES-FOOD), or apply online at www.yesfoodiowa.gov.

Household Size	Federal Income Chart				
	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	20,665	1,723	862	795	398
2	27,991	2,333	1,167	1,077	539
3	35,317	2,944	1,472	1,359	680
4	42,643	3,554	1,777	1,641	821
5	49,969	4,165	2,083	1,922	961
6	57,295	4,775	2,388	2,204	1,102
7	64,621	5,386	2,693	2,486	1,243
8	71,947	5,996	2,998	2,768	1,384
For each additional person:	7,326	611	306	282	141

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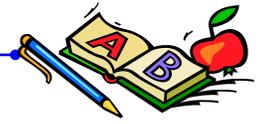
Redirects the visitor to your on-line payment website.

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Food Allergy Information

If your child has a disability or life-threatening food allergy and you would like a substituted menu, you will need to obtain a Disability/Medical Condition Statement for Foods Served by calling the Nurse or Health Associate of the school your child attends or the Nutrition Services Department at **111-1111**, or print off the form below. This form will need to be signed by a physician licensed by the State and returned to the nurse where your student attends. Requests for special diets must be submitted annually and updated by a physician annually.

[State of Iowa Diet Modification Request Form](#)

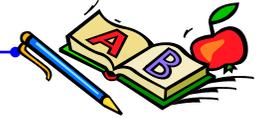
Can be found at: http://www.educateiowa.gov/index.php?option=com_content&view=article&id=369&Itemid=2956

For the district's reference:

The National Association of School Boards have developed a food allergy guide for schools:
<http://www.nsba.org/Board-Leadership/SchoolHealth/Food-Allergy-Schools/Safe-at-School-and-Ready-to-Learn.pdf>

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School Wellness

The district's wellness policy is an important tool for parents and school staff to promote students wellness through nutrition and physical activity, prevent and reduce childhood obesity, and provide assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

Here is ABCSD's wellness policy:

[Link to wellness policy](#)

Iowa Healthy Kids Act

The Iowa Healthy Kids Act set physical activity requirements and nutritional content standards for foods and beverages sold to students during school in a la carte, vending, and regulated fundraising. The Iowa Department of Education's Healthy Kids Act web site offers tools and resources for schools as they work to implement the Iowa Healthy Kids Act and nutritional content standards. Visit the web site to find FAQs, the Nutrition Calculator, and the Healthy Kids Act Toolkit, [click here](#).

Healthier US School Challenge

The HealthierUS School Challenge nationally recognizes schools at the Bronze, Silver, Gold, or Gold of Distinction award levels for:

- Serving school lunches that reflect the Dietary Guidelines for Americans, that include offering a wider variety of fresh fruits and vegetables, whole-grain products, and low-fat and fat-free milk
- Restricting the availability of foods and beverages at school to those that meet healthier guidelines of lower fat, added sugars, and sodium
- Offering nutrition education for students to learn to make healthy choices
- Providing physical education and opportunities for students to be physically active during the school day

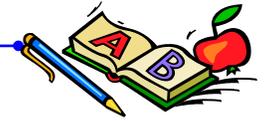
For more information, [click here](#).

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Pick-a-Better-Snack Monthly Newsletter (update each month)
<http://www.idph.state.ia.us/pickabetersnack/newsletters.asp>

At home you do what you can to make sure your kids eat healthier and stay active. But since they spend so much of their day in school, your influence is needed there, too.

As almost any teacher will tell you, healthy foods and regular physical activity can make a positive difference in the classroom. They may help kids:

- Concentrate better
- Perform at their best
- Have better attendance

Start a Conversation

Let people at school know this issue is important to you. Ask who is working on ways to improve food or physical activity options and how you can help.

Sign up - Join in

Volunteer for a project or join a parent's committee on wellness. Get on the agenda at the next parent's association meeting.

Let Your Kids See You Making Healthier Choices

Be their role model for healthy foods and physical activity at home and school.

Make Fundraisers Healthier

Instead of the usual candy and dessert foods, how about selling fresh fruit or holding a car wash or walkathon? Healthier choices can work just as well and are better for everybody.

Resources:

[Be a Healthy Role Model for Children MyPlate Tip Sheet](#)

[Kid Friendly Fruits and Vegetables MyPlate Tip Sheet](#)

[Cut Back on Your Kid's Sweet Treats MyPlate Tip Sheet](#)

[ISU Extension Say Yes to Family Meals](#)

[ISU Extension Non-Food Fundraiser Ideas](#)

[Suggested Classroom Snack List](#)

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