

NUTRITION AND DINING SERVICES (NDS)

The Nutrition and Dining Services Department is dedicated to providing appealing and nutritious meals to promote the growth and development of every student. The department has over 40 food and nutrition professionals that support student learning by promoting healthy habits for life-long nutrition practices. Our team strives daily to ensure that all meals served in our schools are freshly prepared, well-balanced, age appropriate and follow state (Illinois Board of Education) and federal (USDA) guidelines.

FSD145 Nutrition and Dining Services is enrolled in the School Breakfast Program, National School Lunch Program and the Community Eligibility Provision (CEP).

STUDENT ACCOUNTS

Effective May 2016, all Freeport School District students now have the opportunity to eat one reimbursable breakfast and one reimbursable lunch at school for no charge. Students who would like to purchase an additional a la carte item or milk may do so using funds on their student lunch account or provide payment at the time of purchase.

For students who wish to purchase additional items at breakfast or lunch, parents / guardians have the option to send cash or check with the student. We do request that when payments are sent with the student they come in a sealed envelope marked with the following: Student's Name, Teacher's Name, Grade and Amount Enclosed. Checks should be made payable to Freeport School District 145. If parents / guardians prefer to make an advance payment with a credit card (MasterCard or Visa), you may do so on the school district website fsd145.org, select the lunch menus tab (top right of the home page) and scroll to the bottom of the page for e-pay options.

Please note that students who have a negative balances with Nutrition and Dining Services will have the negative amount owed follow them each school year until payment is received. No further charges will be allowed on the students account.

Lunch Money Refund Procedures and Guidelines:

Parents/guardians whose student(s) are leaving the district during the school year can request and receive a refund for any remaining lunch money balance, parents / guardians are encouraged to contact the Nutrition and Dining Services Department directly at 815-801-0106 to request their refund check. Students who are graduating, will automatically receive a refund check for the amount of their remaining balance at the end of the school year. Students who are returning to FSD145 will keep their remaining balance for the following year on their account for future use unless a refund is requested from a parent/guardian.

MENU PLANNING

The Nutrition and Dining Services Department is continually striving to improve our standardized district recipes while following state and federal guidelines. For SY 16-17 we will be following a 2 week breakfast cycle menu that will switch to a new cycle menu upon the completion of the 2nd academic quarter, lunch will be following a 5 week cycle menu. All menus are posted on the school district website as well as sent out to parents/guardians utilizing peachjar monthly. To assist parents/guardians with helping their student(s) select lunch, the Director of the Department will post item descriptions for all items served with each menu cycle.

Offer verse Serve / What makes a reimbursable meal?

Each student registered with Freeport School District 145 does have the option to select one reimbursable breakfast and one reimbursable lunch every day free of charge. For grades K-8 we are **"serve only"**, which means that all students must take 3 meal components at breakfast (Grain, Fruit and Milk) and all 5 meal components at lunch (Grain, Fruit, Vegetable, Meat/Meat Alternative and Milk). For grades 9 -12 we are **"offer only"**, which means all students must take 3 meal components at breakfast (Grain, Fruit and Milk) and 3 out of 5 meal components at lunch (Grain, Fruit, Vegetable, Meat/Meat Alternative and Milk). Of the 3 components selected one of them **must be** a Fruit and/or Vegetable per Federal guidelines.

PRICING FOR A LA CARTE AND ADULTS

A la carte pricing will range from \$0.40 to \$2.00 depending on the item. Price lists are available upon request.

Adult Meals:

Nutrition and Dining Services encourages parents and District staff members to join us in the cafeteria to further promote to our students healthy eating habits for life long nutrition practices. The charge for an adult breakfast is \$2.25 per meal and lunch is \$3.15 per meal. Meals served to adults are not eligible for federal reimbursement, nor do they earn federal commodities for the district. It is the responsibility of FSD145 to ensure that the federal reimbursements, student payments and donated commodities do not subsidize program meals served to adults. At a minimum, the adult charge will be greater than the student charge by the value received in reimbursement and commodities.

Parents / guardians that do join us in the cafeteria should notify the Nutrition and Dining Services staff at the school if they are interested in purchasing a meal. The Director of the Department welcomes any feedback regarding your visit to the school cafeteria.

SERVING TIMES

Breakfast and lunch are served daily to all students of FSD145. We encourage all parents/guardians to encourage students to eat a healthy reimbursable meal at breakfast and lunch.

Each school does offer a breakfast and lunch period, please see your students school information for designated times. All elementary students do have the option of eating a sack lunch on school improvement 3 hour days. There is no lunch service for Middle School and High School on 3 hour days, however, breakfast is served as normal.

Field Trips:

Sack lunches are available to all students on field trip days, and must be pre-ordered with your student's teacher 10 days prior to the field trip date.

STUDENTS WITH FOOD ALLERGIES

In cases of food allergies, generally, children with food allergies or intolerances do not have a disability as defined under section 504 of the Rehabilitation Act or Part B of IDEA, and the school food service may, but is not required to make food substitutions for them.

However, when in a licensed physician's assessment, food allergies may result in severe, life threatening (anaphylactic) reactions, the student's condition would meet the definition of "disability", and the substitutions prescribed by the licensed physician must be made.

For schools participating in federally funded school nutrition programs, USDA regulations 7 CFR Part 15b require substitutions or modifications in school meals for students whose disabilities restrict their diet (life threatening / anaphylactic reactions). A student with a disability must be provided substitutions in foods when that need is supported by a completed physician's statement signed by a licensed medical physician. The Illinois Board of Education provides form 67-48 Physician Statement for Food Substitution. Blank copies are available from each school nurse or from the Director of Nutrition and Dining Services. In order for food substitutions to be requested on behalf of the student FSD145 does need a completed and signed Physician Statement on file for the current school year.

Upon the completion of the form, it must be returned to either the school nurse or the Director of Nutrition and Dining Services for review. The parent/guardian will then be contacted for follow up with the school nurse and Director. If the allergy is determined to meet the required guidelines of the physician statement, the school nurse and Director will work with the student and parent/guardian to establish a plan regarding the menu and ensuring substitutions are accommodated.

If the allergy is determined that it does not meet the required guidelines provided by the USDA and ISBE, the student, parent/guardian, school nurse and Director can meet to further review the allergy to assist with providing a list of items the student should avoid.

Regardless of the severity of the allergy, Nutrition and Dining Services can place an alert on the student's account that prompts staff to assist the student in selecting food that is free of possible irritants.

Lactose Allergy

Every cafeteria within FSD145 has lactose free milk option available in addition to the daily milk selection. Please ensure that an updated medical note is on file regarding any milk allergies with the school nurse to ensure we have proper quantities available for all students.

SMART SNACK GUIDELINES

Effective in school year 2014-2015, the USDA implemented regulations regarding all food and beverages sold at school during the school day (Midnight – 30 minutes after the dismissal bell). The Smart Snacks in Schools regulation applies to all food and beverages sold a la carte, in the school store, vending machines, fundraisers (during school hours) and further assists school wellness policies to establish guidelines for foods brought into the district.

Per the Illinois Board of Education and USDA any items that fall into the smart snack rule, must be submitted to the Director of Nutrition and Dining Services for approval and kept on file for three years.

Fundraising:

Schools are still able to complete fundraisers throughout the school year. However, fundraisers that involve selling food or beverages during school hours (Midnight – 30 minutes after dismissal bell) to students must be submitted to the Director of Nutrition and Dining Services for approval and meet the Smart Snack guidelines. Fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards because they are not intended for consumption at school.

The sale of food items that meet nutrition requirements for fundraisers are not limited in any way under the Smart Snack guidelines. However, if a fundraiser does not meet the Smart Snack guidelines, the USDA does allow exemption days.

For grades K-8 there are **no exemption days** allotted for food and beverages sold that do not meet the smart snack guidelines.

For grades 9 – 12 there are 9 total exemption days for the entire school year.

School Events:

Smart Snacks in Schools only applies to foods and beverages sold to students on the school campus during the school day. The nutrition standards do not apply to food and beverages sold at events held after school, off campus, or on weekends, such as school plays or sporting events.

School and Local Wellness Policy- Policy 660

Please visit the fsd145.org website for our most current school wellness policy.