



CAMERON SCHOOL DISTRICT 2018-19

Welcome to the School Nutrition Department

SCHOOL BREAKFAST/LUNCH INFORMATION-

• **BREAKFAST PROGRAM PRICES-**

4K-12 th	\$1.50 (no charge for those qualifying for Free or Reduced Rate Lunches)
Adults/Guests	\$2.00
Milk <u>only</u>	\$.35

- BREAKFAST is available in the Cameron Elementary and Middle School Cafeteria's

***-High School students wanting breakfast are asked to eat in the Middle School Cafeteria

Please check with the building offices as to what time Breakfast is served in the morning

Breakfast - *Offer-vs.-Serve Meal Pattern*-Students are offered 3 Food Components and at least 4 items daily following guidelines for the School Breakfast Program set by the USDA and are to select 3 food items which is to include a 1/2 cup from the fruit/vegetable component to receive the breakfast rate. Otherwise, Ala Carte prices will be applied.

*** (See ala carte purchasing under MEAL ACCOUNT PROCEDURES- section) ***

1. **Grain Component-** 1oz.equivalent.grain or more offered per meal. Offerings are whole grain rich. (Optional) Meat /Meat Alternate- May be offered after daily grain requirement is met.
2. **Fruit/and or Vegetable component-** At least 1 cup offered/day- *½ cup must be chosen to count as a qualifying meal under the Breakfast Program* (includes 100% juice, canned in juice or light syrup, dried, fresh or canned)
3. **Milk Component-** at least 2 choices – includes low-fat or fat free white or fat free flavored

• **LUNCH PROGRAM PRICES-**

Elementary 4K-4 th	\$2.50	Reduced Rate	\$.40
Middle School 5-8 th	\$2.80	Adults/Guests	\$3.75
High School 9-12 th	\$2.90	*Milk only-(w/cold lunch)	\$.35

Lunch - *Offer-vs.-Serve Meal Pattern* Students are offered 5 Food Components and are to select at least 3 food components which is to include a 1/2 cup from the fruit/vegetable component to receive the lunch rate. Otherwise, Ala Carte prices will be applied.

*** (See ala carte purchasing under MEAL ACCOUNT PROCEDURES-section) ***

1. **Meat/ Meat Alternate component-** amounts vary following the USDA guidelines for the different grade levels
2. **Grain Component-** Offerings are whole grain rich
3. **Fruit component-**—includes fresh/dried/ or canned in juice or light syrup or 100% juice
4. **Vegetable component-** (Includes fresh, frozen, canned dried or 100% juice
5. **Milk component-** At least 2 choices – include low-fat or fat free white or fat free flavor

Grades 4K-4th –are offered the National School Lunch program daily.

Middle/High School grades-are offered National School Lunch program with at least 2 choices daily.

Middle/High School students- wanting to purchase single items in addition to the meal offered at breakfast or lunch will be charged the ala carte price of that item.

*Milk only at any grade level- is considered an ala carte purchase (this includes those qualifying for Free or reduced rate meals) Purchasing just milk with a meal brought from home or extra milk with your meal does not meet the USDA requirements for a school meal.

*** (See ala carte purchasing under MEAL ACCOUNT PROCEDURES-section) ***

Menus are posted daily at the beginning of the service line.

- Menu subject to change due to availability of Products-

LUNCH/BREAKFAST MENUS Monthly Breakfast and Lunch Menus are posted at the beginning of each serving line and on the Cameron Web site and listed weekly in the Local Newspapers. Elementary students receive menus with their monthly newsletter. Each serving line lists the food components under different colors to identify what food component it falls under as follows:

Milk- **BLUE**

Fruit-**RED**

Vegetable-**GREEN**

Protein (Meat /Meat Alternate) – **PURPLE**

Grain- **ORANGE BROWN**

Although items may be refused, children receive the most nutritional benefit when the entire meal is eaten. Congress has mandated that the price of Breakfast/Lunch be the same whether the child takes the entire lunch or if he/she refuses any item.

Young children are in the process of learning to make good food choices. They may need some help in choosing what they will eat. We encourage parents to go over the breakfast/ lunch menu with their children to help them decide what to eat each day. If there is an item on the menu that is unfamiliar or unpopular with your child, we are hoping he/she will taste a portion rather than refuse it totally. This will help introduce children to new foods and help acquaint them to a variety of nutrients offered by the meal.

Other Nutrition standards include:

- **Strict limits on saturated fat.**
- **Age-appropriate calorie limits (averaged over a weeks' time)**
- **A wider variety of vegetables, (to include weekly offerings of sub groups: dark green vegetables, red/orange vegetables, Legumes (beans and peas), starchy Vegetables and others)**
- **Less sodium**
- **Nutrition standards and guidelines for all foods sold at school during the school day**

FREE AND REDUCED PRICE MEALS- free and reduced priced meal applications are sent with the district newsletter.

If you feel you qualify for free or reduced rate meals or milk break for 4K-4th grade we highly encourage you to fill out an application and return it the Food Service department for processing. If you receive a letter stating that your child(ren) are directly certified to receive free or reduced price meals no application is necessary. If you do not wish to receive free or reduced rate benefits you may contact the food service department to have it changed.

Applications are available throughout the school year and can be filled out at any time. You can pick one up at any office or print one of the school web-site.

****Please note---** if you filled out an application last year and you do not receive a direct certification letter, a new application will need to be turned by 30 school days into the CURRENT YEAR (**OCT. 15TH**) to continue to receive benefits.

*****Please direct questions concerning free and reduced meal applications to the Food Service Office at- 715 458 5821.**

WISCONSIN SCHOOL DAY MILK PROGRAM- WSDMP-4K-4th grade

Cameron School District offers an Elementary Milk break under the **Wisconsin School Day Milk Program** to students 4K-4th grade. Students are offered a Milk Break in the classroom outside the Breakfast and Lunch Schedule during the school day. Milk under this program is \$.35/carton and is drawn from the student's meal account each day they receive milk. A child is entitled to one milk/day under this program. *****Anyone qualifying for free or reduced rate meals will qualify for free WSDMP. ****

WSDMP prices- 171 scheduled days

Full year \$59.85.

Monthly Families can choose to **pre-pay monthly** rather than paying for the full year all at once.

4K- 4TH GRADE Student Lunch Counts are taken daily by your child's teacher in the morning. The children are asked whether they are taking school lunch or only want milk with a lunch brought from home. These lunch counts are forwarded to the food service kitchens so they know how much to prepare each day. If you wish to join your child for lunch please contact the school office by 8:15 the day you intend to eat. (**Please note you cannot charge a guest meal to your child's account**)

Middle School and High School students are issued ID numbers. They will use that number at the Food service Point of Sale to purchase items from Food Service. **students are not allowed to use their account for ala carte purchases for other's unless they have a parent/guardian signed permission form on file stating so. (*see **Ala carte purchases** section).

****A copy of the board approved policy can be found on the school web site: www.cameron.k12.wi.us**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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