



CAMERON SCHOOL DISTRICT 2016-17

Welcome to the School Nutrition Department

SCHOOL BREAKFAST/LUNCH INFORMATION-

• BREAKFAST PROGRAM PRICES-

KG-12 th	\$1.35 <i>(no charge for those qualifying for Free or Reduced Rate Lunches)</i>
Adults	\$2.00
Milk <u>only</u>	\$.35

-KG-4th grade BREAKFAST is available in the Cameron Elementary cafeteria.

-Middle/High School BREAKFAST is available 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, and/or fresh)
3. **Milk Component-** at least 2 choices – includes low-fat or fat free white or fat free flavored

• LUNCH PROGRAM PRICES-

Elementary K-4 th	\$2.25	Reduced Rate	\$.40
Middle School 5-8 th	\$2.55	Adults/Guests	\$3.30
High School 9-12 th	\$2.65	Milk <u>only</u>	\$.35

Lunch - *Offer-vs.-Serve Meal Pattern* Students are offered 5 Food Components and are to select 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 flavored

Elementary grades KG-4th -are offered the National School Lunch program daily.

Middle/High School grades-are offered National School Lunch program with at least 1 alternative entrée choice 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.

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.

2016-17 School Year, Cameron School District School cafeterias are continuing to incorporate new Federal Nutrition Standards set by the USDA for school meals, ensuring that meals are healthy and well balanced and provide students all the nutrition they need to succeed at school.

School meals offer students- **Proteins (Meat/Meat Alternates) Fruits and Vegetables, Whole Grains, and Milk.**

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**

We're always working to offer Cameron School District students healthier and tastier choices. The Food Service Department already offers whole grain products. Local fruits and vegetables will be purchased this year when available and in-season. New entree items will be added throughout the year to the Lunch menu as new recipes are developed to meet the required USDA standards.

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

Cameron School District offers an Elementary Milk break under the **Wisconsin School Day Milk Program** to Elementary students KG-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 lunch will qualify for free WSDMP. ****

Elementary Milk Break prices-

Full year \$59.15.

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

All Aboard Preschool-Special Milk Program

Cameron School District offers a Preschool Milk break under the **Special Milk Program** to All Aboard students. Students are offered a Milk Break in the classroom **at no charge** through this program

MEAL ACCOUNT PROCEDURES-

The food Service operates on a pre-payment system. We ask that you pre-pay and maintain a positive balance in your child's (rens) accounts. **Payment can be made for all family members regardless of what building they are in by indicating (on the memo line if paying by check or Money Order or separate piece of paper in if paying with cash) how you want it distributed.

(***NSF checks**-if a check is returned NSF we ask that you make future payments with cash or Money Orders only!)

Families are asked to follow a monthly pre-pay schedule on each month calendar. Breakfast and Lunch prices are broken down by the month and grade categories and include regular price rates, reduced price rates, and ala carte milk rates. Families can monitor their meal accounts through **Family Access**. (Contact the School District on how to sign up)

Regular price families will be asked to make an initial deposit into each child's account of at least **\$15.00** if your child participates in the lunch program only and **\$20.00** if your child participates in both the breakfast and lunch Programs.

Reduced -price families will be asked to make an initial deposit in to each child's account of at least **\$5.00**

***Ala Carte purchases – (with exception of Elementary milk purchases)** may be available at Middle/High School only and can only be purchased if there is a positive balance in the meal account. (This includes milk purchased for a meal brought from home)

Parents/Guardians are asked to fill out an **Ala Carte Permission Form** in regards to whether or not their Middle or High School student should be allowed to make ala carte purchases or allowed to buy for others.

****Students eligible for free meals** will not be denied a meal because of a negative account balance. However, they **will not be allowed to charge ala carte items**, including milk to have with a meal brought from home.

****Milk purchases**- Milk purchased with a meal brought from home-or-Wisconsin School Day Milk Program is \$.35 and is considered an ala carte item.

WHEN A STUDENT'S MEAL COUNT BECOMES NEGATIVE:

High school and Middle School students: are informed in the meal line when they are low in their meal account and are responsible for communicating with you when they need money deposited into their account. Parents/guardians can also request a low balance e-mail notification to their personal e-mail when their child reaches \$5.00 in their account.

Elementary students: will have a note sent with them at the end of the day. Please check your child's back pack nightly. Parents/guardians can also request a low balance e-mail notification to their personal e-mail when their child reaches \$5.00 in their meal account.

Credit limit: a \$12.00 credit limit will be allowed in a student's account. If a student exceeds the credit limit in their meal account they will be offered a cheese sandwich and a carton of milk after the first time it reaches that limit and \$.75 will be charged to their account.

When a meal account becomes -\$12.00: A personal call will be made or e-mail notification sent by the Food Service Director to let Parents/Guardians know that they will need to provide meals and beverages from home for the child(ren) until sufficient funds are deposited in the account to bring it back to a positive balance.

Please note: ** This also applies to Regular price Elementary students participating in the milk break program if they reach this limit. (**Elementary students eligible for Free/ Reduced lunch will be exempt as there is no charge**)

USDA regulations allow students other than those who qualify for free meals to be denied a meal if their account balance is negative and they do not have money in hand to pay for a meal.

We do understand that situations come up and if you are not able to make payment at a given time **please call the Food Service Office to set up payment arrangements so we don't have to interrupt your child's meal service. **(715-458-5821)**.

Every effort will be made by the Cameron School District to keep parent(s)/guardian(s) informed regarding their child's (rens) meal accounts. **However it is ultimately the responsibility of the parent(s)/guardian(s) to maintain a positive balance in the account(s).**

Elementary 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.

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 other students unless they have a

BREAKFAST/LUNCH APPLICATIONS

Meal applications are available to all families in the School District. An application must be filled out and returned to the Food Service Office to be processed. *** **Please note applications need to be renewed yearly unless you are notified you have been “Electronically Approved” for Free meals.** *** Once an application is processed you will receive a letter stating whether you qualify for free or reduced Breakfasts/lunches. You cannot receive free or reduced priced meals until an application is processed, approved, and on file in the Food Service Office. ***Please apply prior to your child starting school if you feel you qualify.*** (*see “Electronically Approved” section below.) You will need to pay the full price for any lunches received prior to the approval of free or reduced lunch prices. Applications are accepted any time during the school year and can be picked up in any school office or the Food Service Office, located at the MIDDLE SCHOOL or found on our web site at: www.cameron.k12.wi.us. *Anyone qualifying for free or reduced rate lunch will qualify for free breakfast.* ***Please maintain a positive balance and follow the monthly pre-payment scale for reduced lunches.***

A child must meet the school Breakfast/Lunch pattern explained in the OFFER VS SERVE SECTION to receive reduced rate prices or free Breakfasts/ Lunches. Just milk for lunch does not count as a “School Lunch,” and your child’s account will be charged the current price of a carton of milk.

***Electronically Approved for Free School Meals**

The District also participates in Direct Certification through the State. If you receive a letter from the Food Service Department stating that your child has been “Electronically Approved” for Free School Meals there is no need to send in a Free and Reduced application form as explained above.

Monthly Breakfast and Lunch menus, as well as copies of Free and Reduced meal application forms (in English and Spanish) are posted on the Cameron School District Web site at: www.cameron.k12.wi.us A weekly lunch menu will also be printed in the local newspapers.

The Food Service staff is committed to producing quality meals that are nutritious and appealing to children. Any suggestions you might have to help make breakfasts/lunches more acceptable to children are always welcome. If you have questions or concerns, call 715 458-5821 and ask to speak to the Food Service Director.

Thank you,

Martha Jacobs
Director of Food and Nutrition Services
Cameron School District
Cameron, WI 54822
715-458-5821
mjacobs@cameron.k12.wi.us

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(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