

SURRY COUNTY SCHOOLS

School Nutrition Services

PROGRAMS

- **Universal Free Breakfast**
- **National School Lunch**
- **USDA Fresh Fruit & Vegetable**
(select schools)
- **After School Snack**
(select schools)
- **Summer Feeding**
- **NC Farm to**



Child Nutrition Services

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Visit us on the web at
www.surry.k12.nc.us
Click on Programs
& Child Nutrition

This organization is an
equal opportunity
employer and
provider.

A RECIPE FOR EXCELLENCE

Fueling Healthy Bodies and Minds

Child Nutrition Services provides nutritious breakfasts, lunches, and snacks everyday while allowing students to make healthy choices.

Meals and snacks comply with National USDA Standards as part of the Healthy, Hunger-Free Kids Act Legislation.

Breakfast

Free breakfast is available to all students in elementary schools and most schools also offer Breakfast in the Classroom. Students enjoy a nutritious breakfast while teachers take attendance, read and begin morning work. Breakfast includes whole grain items, protein, 100% juice, fruit and low fat or skim milk.

Lunch

Meals are well balanced and must include at least one fruit or vegetable serving. Weekly offerings include lean protein, whole grains, dark green, red / orange vegetables, legumes and low at or skim milk. Menu items are low in sodium, sugar and are transfat free! Students are encouraged to choose from a variety of foods so they can develop healthy habits that will last a lifetime!

(Please see meal payment information on back).

Free & Reduced Price Meal Program

The free and reduced priced meal program is available to help families with the cost of school meals. The USDA uses two criteria for determining whether a household qualifies for benefits:

1. Household Size
2. Gross Income for all Household Members

Households that receive SNAP, FDIPIR or TANF may also automatically qualify for free meals if they receive a Direct Certification Letter in the mail. Direct Certification letters are mailed to households two weeks before school begins. All students receive a Free & Reduced Application at the beginning of the school year. A **new** application **MUST** be completed each year if the household does not receive a Direct Certification letter. Only one FAMILY application per household is necessary. If your family needs assistance with the costs of school meals, complete an application and return it during open house or on the first day of school!



Special Diets and Food Allergies

Meals changes may be made for students who have a medical or physical condition that requires food substitutions or special food preparation.

- If your child has a food allergy, please complete a Medical Statement for students with special needs and notify your child's teacher and cafeteria manager as soon as possible.
- The Medical Statement must be completed by a medical doctor or registered dietician, and must be updated each school year.
- Please be advised that we cannot accommodate special food preferences.
- The Medical Statement form can be found on the SCS website and in the school office.

Fruits and Veggies Plus!

Students may choose an additional serving or servings of fruit or veggies as part of their lunch - free of charge! Fruit and veggie choices should be different to increase variety and daily intake of vitamins and minerals.

School Menus

School menus can be found on the SCS website . Two options are offered; a printable menu and an interactive link called schoolmenu.com.

Schoolmenu.com provides an interactive menu, nutrition facts and healthy & wellness information.

We are dedicated to providing nutritious, quality food that students enjoy! We ARE Surry County Schools Child Nutrition!



SCHOOL MEALS *are* **HEALTHY MEALS™**

For more information about Surry County Schools School Nutrition, please contact Sherri Parks, Director