

School lunch menus are made for each month and posted on the web. You can look over these menus, and print them off if desired, at your convenience. Take a look at our monthly menus at: [www.pcva.us/foodservices/menus/menus.htm](http://www.pcva.us/foodservices/menus/menus.htm)

## A QUICK COMPARISON

When compared to some alternative meal choices school meals are better for students hands down!

A comparable school meal has 11 less grams of fat than a fast food meal for an elementary school student. A comparable school meal has 27 less grams of fat than a fast food meal for a high school student. On top of that, school meals provide healthy fruits, vegetables, and dairy products that are essential to having a well-balanced and nutritious diet. Even when compared to pack lunches studies show benefits to school lunch. Studies show that school lunches contain more of the balanced caloric intake, vitamins, and essential nutrients that children need than most packed lunches contain. Who could ask for more?

## 2011-2012 USDA Non-discrimination Statement

This statement must be included on all program materials for School Nutrition Programs.

"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."

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## PULASKI COUNTY SCHOOL NUTRITION PROGRAM

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*We serve education*



- ✓ **Make at least half your grains whole**
- ✓ **Vary your veggies**
- ✓ **Focus on fruits**
- ✓ **Get your calcium rich foods**
- ✓ **Go with lean proteins**

# MEAL PRICES

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Pulaski County School Nutrition offers breakfast and lunch to all students each school day. **Applications for free/reduced meals are available throughout the school year by contacting the School Nutrition Office @ 994-2529; they are also available at each school site. Meal Prices below:**

## Elementary Lunch Only:

Per day: \$1.50  
Per Week: \$7.50

## Elementary Breakfast and Lunch:

Per Day: \$2.45  
Per Week: \$12.25

## Middle/High School Lunch Only:

Per Day: \$1.65  
Per Week: \$8.25

## Middle/High School Breakfast and Lunch:

Per Day: \$2.60  
Per Week: \$13.00

## Reduced Lunch Only (all schools):

Per Day: \$0.40  
Per Week: \$2.00

## Reduced Breakfast and Lunch (all schools):

Per Day: \$0.70  
Per Week: \$3.50

\*Families qualifying for TANF/SNAP may not have to file this application.

# A LA CARTE ITEMS

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All items for sale at lunch time are also available for sale a la carte along with other selected items. A la carte items (that are not served as part of school meals) must meet a certain grade of nutritional standards and are priced separately. This information can be found at [www.pcva.us/foodservices/wellnesspolicy.htm](http://www.pcva.us/foodservices/wellnesspolicy.htm).

# PAYMENT

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Each Child attending school in Pulaski County has a school meal account. Payments may be made daily for food purchases, or payments may be made in advance and placed on the students' accounts. Check and cash are both accepted at each school site. **Please write student name or account # on check.**

Pulaski County School Nutrition has a written policy concerning charging school meals to a child's meal account. This policy can be found at: <http://www.pcva.us/foodservices/chargedmeals.htm>

# THE BENEFITS

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Studies show that school meals can help to increase cognitive function and test scores; decrease behavior problems, tardiness, and nurse visits; and school meals get your child focused and ready to learn. Education is the basis for the future of our world and our children. Let's do everything we can to help them succeed!

# COMING SOON!

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School Nutrition is changing! The NSLP is preparing for the new regulations effective SY 2012. School lunches include more fresh fruits and vegetables and more whole grains. We continually strive to increase the health and nutrition of all children!

**Coming Soon! Online payment options for parents/guardians – this will allow funds to be placed on any child's account via the internet. Parents will have access to check their student account balance and to view activity reports.**