



WELCOME TO YOUR SCHOOL NUTRITION PROGRAM

Visit our website: www.pcva.us

Did you know.....

Breakfasts served in October: 32,466

Lunches Served: 69,169

Total number of lunches (not including adults
and ala carte sales): **101,635**

Pulaski County Schools are 49.63%

Free/Reduced Countywide



*WE SERVE EDUCATION
EVERY DAY!!*

October School Meal Participation

Student Pre-pay available now!

Visit: www.mySchoolBucks.com

- ✓ **Make payments when convenient for you 24/7/365**
- ✓ **Receive low balance emails**
- ✓ **Monitor your child's account balance & purchases**
- ✓ **Make payments using VISA, MasterCard or Discover credit/debit**

Oct/Nov/Dec. Birthdays!

10/3 Melissa Hylton	11/4 Janet Gregory
10/13 Sylena S-Harless	11/5 Melissa Sarver
10/24 Tonya Davis	11/8 Karen Jones
10/27 Tamara Ratcliffe	11/24 Shelly Hall
11/1 Angela Dalton	12/2 Lynn Jones
11/1 Judy Corder	

School Nutrition Celebrations!



It has been a busy first semester for School Nutrition! We celebrated National School Lunch week Oct 10-14 - “Let’s Grow Healthy”. Parents & grandparents came to visit at DES and other sites throughout the county. SNP promoted “Farm to School Week” – featuring Virginia grown apples Nov. 7-11.

SNP served up a delicious meal for Thanksgiving; 200 parents came to enjoy this bountiful meal at Critzer. Visitors were welcomed at other sites throughout the county as well.

During this busy time of year we pause to give thanks for the children we serve and hope everyone will have a safe and peaceful holiday season.

Pulaski County Public School menus are planned to meet the HUSSC (Healthier US School Challenge).

- Minimum of 3 whole grain items per week
- Fresh fruits once per week
- A different fruit each day of the week
- Three dark green/orange vegetables per week
- Cook or dried beans (legumes) once per week
- All schools offer fat free flavored & unflavored or 1% flavored & unflavored milk

Our goal:

- serve the students a healthy balance of different food items each week
- meet the criteria to promote healthier school meals
- provide the students the highest quality school meal possible



School Information

- ✓ Dec 16th – Last Day of school before Winter Break Dec. 17-31
- ✓ Students return to school January 2nd, 2012

Meal applications are available at each school site and may be submitted anytime during the school year.

<http://www.pcva.us/foodservices/forms/index.htm>