

St. Francis Xavier School Lunchtime News

Fall 2009 Edition

The Lunch Program at
St. Francis Xavier School

Lunchtime is a time to look forward to! It's a break in the day, a chance to relax and socialize, as well as have a nourishing meal to fuel your body through the afternoon. As adults, we realize what a pleasure it is to have a lunch break! This is an important part of your student's day, too!

The St. Francis Xavier Lunch Program strives to make lunchtime a pleasant experience for each student by offering tasty, nutritious meals. The Lunch Program participates in the National School Lunch Program administered by the USDA and the Minnesota Department of Education, Food & Nutrition Service. These government agencies provide funding, as well as commodity foods. The Lunch Program is subject to county, state and federal regulations.

For the past two years we have provided the "Offer vs. Serve" style of meal service. The National School Lunch Program first introduced "Offer vs. Serve" in 1976 with the goal of teaching students about food choices and, thereby, reducing plate waste. This style of meal service requires that students be offered the 5 food items that compose the school lunch pattern. Students then have the option of selecting at least 3 of

the 5 items offered to be eligible for a reimbursable lunch.

Components of a School Lunch

You will notice that certain food choices on the monthly menus are starred (*); these are the foods that are components of a reimbursable lunch. Every student lunch served receives government funding, so we must ensure that every lunch is an eligible meal.

The 5 food items of the school meal pattern include:

1. Meat/ Meat alternate: 2 oz.
- 2-3. Vegetable &/or Fruit: servings to total $\frac{3}{4}$ cup with an additional $\frac{1}{2}$ cup over the course of a five day school week
4. Bread/ Grain: 12 servings per five day school week
5. Milk: $\frac{1}{2}$ pint

Remember, 3 of the 5 components must be chosen for a reimbursable meal, so please review the menu with your student to assist with their selections and to encourage healthy choices.

Lunch Prices

Regular student lunch: \$2.10

Students eligible for reduced price lunch: \$.40

Students eligible for free lunch: no charge

Eligibility guidelines and applications for free and reduced price lunches are available in the school office.

One carton of milk is provided with lunch; students in grades 4-6 are allowed to purchase a second carton. Students who bring their own lunch may also purchase milk. The price of a separate carton of milk is \$.65

The adult price for a school lunch is \$3.15. Parents are welcome to occasionally have lunch with their student, but please inform the school office early in the day to be included in the lunch count!

Allergies

A doctor's statement must be on file with the Lunch Program if your child has a specific food allergy.

Lactose free milk is available upon written request.

Wellness Policy/ Snacks

Please refer to the school's wellness policy when allowing your child to bring snacks or treats to school. The wellness policy was developed in accordance with Federal regulations

to maintain a healthy environment for students.

When sending snacks with your student, please keep in mind that the school kitchen must observe Food Code Regulations, which limit access to the kitchen. Therefore, students' snacks and treats are NOT allowed in the kitchen freezer or cooler.

Thank you for reviewing this information about the St. Francis Xavier School Lunch Program. We look forward to serving lunch to your children: our students!