

FREE AND REDUCED PRICE MEALS

Free and reduced price meal applications are mailed to each family with children registered in Fairfax County Public Schools. An adult member of the household must verify the child(ren)'s name(s) and school(s), complete, sign, and return in the self-addressed envelope. A letter will be sent within ten working days notifying members of the status. Applications in Spanish, Korean, Farsi, Urdu, and Vietnamese are available at school offices.

Revenue for this \$73.4 million business comes from the following sources:

- 55% from student payments
- 26% from federal funds
- 1% from state funds
- 18% from other services (day cares, senior nutrition programs, private schools, catering, and vending)

No local real estate tax dollars are used to support the program. Food and Nutrition Services is required to purchase all new equipment and pay indirect costs such as utilities.

Food safety and sanitation are critical ongoing processes that require strict procedures and training. All food service managers possess current Fairfax County Sanitation Certification and have successfully completed our manager-training course. A sanitation self-inspection using the Hazard Analysis Critical Control Point (HACCP) format has been implemented in all schools. This format requires managers to follow the purchased product through the various stages and temperatures from receipt to service. This is a second food safety measure. The Fairfax County Board of Supervisors recognize the Office of Food and Nutrition Services for maintaining the highest levels of food safety and cleanliness in its food preparation areas.

WELLNESS POLICY

“In compliance with federal law 108-265, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004, the Fairfax County School Board established a wellness policy for Fairfax County Public Schools (FCPS) that promotes student health and contributes to the reduction of childhood obesity. The components of the local wellness policy include nutrition education, physical education, nutrition guidelines for all foods available during the school day, and other activities that promote student wellness.”

http://www.fcps.edu/parents/print/Wellness_Broch_web.pdf

START YOUR DAY WITH BREAKFAST

Breakfast, the most important meal of the day is available in 134 schools. Research demonstrates that students who eat breakfast perform better in school. Breakfast service begins on September 4. Check to see if breakfast is available at your school.

FOOD SERVICE DISPOSABLES AND TRASH

Since 1994 all polystyrene items and trash used in food services are being processed into electricity, a process known as “waste to energy” at the energy resource recovery system (ERRS) facility in Lorton, VA. We also strive to use as much recyclable paper as possible.

Ingredient and nutritional information for foods served is available on our website:

www.fcps.edu/fs/food

FCPS Food Allergy Information:

www.fcps.edu/ss/StudentServices/StudentRegistration/healthservices.htm

Facts for Parents



2008-2009

**FOOD AND NUTRITION SERVICES
FAIRFAX COUNTY PUBLIC SCHOOLS**






www.fcps.edu/fs/food/

“The USDA is an equal opportunity provider and employer.”

**“WE CARE” IS OUR SLOGAN.
GOOD NUTRITION IS OUR GOAL!**

School meals are planned by registered dietitians to reflect the Dietary Guidelines for Americans and student preferences as determined at student taste parties. Food specifications and food preparation assist in this effort. **Menus include more whole grain products such as hamburger rolls.** Monthly printed parent menus with nutrient information are distributed to elementary students. Vegetarian options are available daily.

Lunch Includes:

-  Entree
-  Bread
-  Vegetable or Fruit
-  Vegetable or Fruit
-  Milk

} Choose Two Different Ones

3, 4, or 5 STARS must be selected for the lunch price to apply.

Students with allergies are permitted food substitutions “only when supported by a statement from a recognized medical authority that includes recommended alternate foods.” A recognized medical authority may be a doctor, a nurse, or a physician’s assistant. Since most allergies continue, it is *not* necessary for a new statement to be secured each year.

NUTRITIOUS SCHOOL MEALS - A BARGAIN!

PRICES

Breakfast, all grades..... \$1.50
 Lunch: Elementary \$2.40
 Middle/High/Secondary \$2.50
 Milk, low fat and skim 60¢
 Soy Milk 75¢
 Fruit Juice 100% 75¢
 Water, Bottled 12 oz. 50¢

DOUBLE DEAL
Second Entree with a Lunch \$1.75.

**THREE WAYS TO PURCHASE MEALS:
ONLINE, CHECK OR CASH.**

ONLINE www.myLunchMoney.com

Easy-to-use, convenient, private, and secure. There is a convenience fee. Parents can check the fund account and usage anytime from the home computer or phone.

Check written to (*school name*) Food and Nutrition Services. A detailed printout of student purchases is available upon request

Balances from the previous year remain in the student account and are moved to the new school for graduates to middle and high schools.

PARENTS ARE ENCOURAGED TO PREPAY FOR THEIR CHILD(REN)’S MEALS SO LUNCH MONEY IS ALWAYS AVAILABLE.

SPECIAL NOTES:

- Remind child(ren) not to share their personal identification number (PIN) with friends.
- Payments may be specified for meals only or meals and a la carte snacks.
- Printed summary of child (ren)’s account is available by contacting the food service manager or signing on with myLunchMoney.com. You do not need to use the online account for this service.

A la carte snacks are available in schools as a supplement to students’ lunches. These items meet strict nutrient standards as listed in Virginia Governor’s Scorecard and the Institute of Medicine.

Elementary school students must have a lunch either purchased or brought from home to purchase one a la carte snack. Middle and high school students have more snack options. French fries are served only three times per week in high schools.

ELEMENTARY SCHOOLS A LA CARTE SNACKS		
MONDAY	LOW FAT ICE CREAM	75¢
	or SOFT PRETZEL	75¢
TUESDAY	LOW FAT POPCORN	65¢
	or SOFT PRETZEL	75¢
WEDNESDAY	LOW FAT CHOCOLATE or STRAWBERRY ECLAIR	75¢
	or SOFT PRETZEL	75¢
THURSDAY	OTIS SPUNKMEYER COOKIE	40¢
	or SOFT PRETZEL	75¢
FRIDAY	MANAGER’S CHOICE	50¢
	or SOFT PRETZEL	75¢

NO LUNCH CHARGES:

Meals are available to students who pay cash or who are eligible for federal free and reduced-price meals. **Federal regulations prohibit lunch charges.**

Elementary schools have procedures in place to ensure students do not go without lunch. Check to see what procedure is available in your school. Food and Nutrition Services will use this procedure when the student’s account balance is down to three meals.

Checks returned for insufficient funds, after being deposited twice, are sent to Nationwide Credit Corporation (703-813-1485) for collections.