

# 2021/2022

## Hello All – The Child Nutrition Team is ready for the first day of school!

Chef ACE continues to present healthy messages about foods our students eat, staying physically active and staying safe. The Child Nutrition team has worked diligently to get food to students by bus, at the curb, in the classroom, and in the lunchroom in 2020/21. Our team pulled together and showed resilience, flexibility and unity in purpose **#letsfeedkids**. We will continue to follow rigorous cleaning and sanitation processes. Whether we see your students in the lunch line or the hallway we will practice our social safety protocols.

À la carte items are available and may be purchased using your student account. (Students may not charge à la carte items.) Items may be limited or rotate availability to help minimize contact and keep our service flowing.

We are ready for whatever the school year brings, and will continue to create fresh, tasty, healthy meals for your students following the USDA guidelines. Our top priority is your student's safety and well-being. Making health and safety a priority, the Child Nutrition Team works to ensure student are ready to learn each and every day.

We are ready for the students and look forward to making sure all our students are healthy and ready to learn every day. For more information about our menus and programs, please visit [www.hamlin.esc14.net](http://www.hamlin.esc14.net) and click the "Cafeteria Menus" link under either the **Campuses** or **Parent Links** menus.

Thank you!  
**The Child Nutrition Team**



## 2021-2022 PRICING

**BREAKFAST**  
Students – FREE • Adults – \$3.00  
**LUNCH**  
Students – FREE • Adults – \$4.25

## Policies

The District participates in the **School Breakfast Program** and **National School Lunch Program** and offers students nutritionally balanced meals daily in accordance with standards set forth in state and federal law.

*Breakfast and Lunch meals are free for all students in the district. The free meal will consist of the entrée of choice, fresh fruits and/or vegetables side dishes and a choice of milk.*

Additional servings and à la carte items are not free and will require payment through the student account or at time of purchase.

**1. How to put money in your child's account:** Hamlin ISD uses a computerized meal accounting system. Students or parents can deposit any amount of money (cash or check) in a student's account at any time through the cafeteria manager. Please send the following information with payment, either on an envelope for cash or on the bottom left hand corner of a check— Child(ren)'s name(s) and Teacher/grade level

**2. Hamlin ISD Charge policy:** No charges are allowed for extra entrée, side dishes or à la carte items. If a student does not have sufficient funds for additional menu items or à la carte items, the student will not be allowed to purchase those extra items.

**3. How à la carte items work:** Your child may purchase à la carte items with cash or the cost can be deducted from their account. The following is a sampling of à la carte items offered at the elementary level:

Baked Chips • Bottled Water • Fresh Fruit • Ice Cream • Milk • Fruit Juice

*Some items listed on the daily menu may be purchased à la carte.*

*À la carte/ Snack Bar items are not allowed to be charged.*

**4. Your child's account can be customized to meet any specific instructions that you may designate by sending a letter to your school's cafeteria manager. You might designate one of the following examples:**

- Your child may only purchase bottled water or juice.
- Your child may only purchase snacks on Fridays.
- Your child not be allowed to purchase any snacks.

If you do not wish for your child to participate in the à la carte program, you may send a letter to your cafeteria manager and your instructions will be noted on your child's account.

**5. Visitors:** The School Nutrition Team is following the District's policies regarding visitors in the cafeteria and/or classroom for the 2021-22 school year. Please inquire at the front office for additional information.

*For printouts of student activity, contact the School Nutrition office.*

To learn more about healthy school meals visit [www.fns.usda.gov](http://www.fns.usda.gov)

## Bone-building goodness

Milk is an excellent source of calcium for your child's body! Milk also has vitamin D, which helps to absorb the mineral calcium.

When the body is given the proper amount of calcium, it will aid in the development of healthy, strong bones

### How Much Milk a Day?

older kids, teens, adults



3 cups

kids 4-8yrs old



2½ cups

kids 2-3yrs old



2 cups

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