



Breakfast and lunch are served in our school's cafeteria every day.

It is well established that hungry children cannot learn. The goal of the food service department is to serve healthy meals that appeal to students of all ages. The elementary schools, middle school and high school have different menus and choices as students' tastes and food preferences vary greatly with age. In all cases, students are the customers in school food services.

Pendleton County Schools participate in the National School Lunch Program (NSLP), which is a federally assisted meal program operating in public schools. It provides nutritionally balanced lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

There are major concerns nationwide with the nutritional status of children, and Pendleton County School Food Services continues to try to offer foods that are nutrient rich yet low in fat. Such foods that are traditionally thought of as "junk foods" are really quite nutritious. For example, the pizza used in schools is made with low fat cheese. Chicken nuggets and french fries are oven baked, rather than deep fried.

For additional information about the school food services, in the Pendleton County School District, email Lisa Mitchell, School Nutrition Director. [lisa.mitchell@pendleton.kyschools.us](mailto:lisa.mitchell@pendleton.kyschools.us)

***"We are all in this together – children, parents, relatives, extended families, schools and communities.***

***Working together, our children can achieve!"***

**THANK-YOU FOR VISITING THE FOOD SERVICE WEBSITE!**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

---