

Frequently Asked Questions
Cafeteria / Food Service & Nutrition Department

1. How often does a K-12th grade student visit the cafeteria?

- K and 1st grade students don't visit the cafeteria throughout a school day, lunch is served in their classrooms only for students with prepaid meals.
- 2nd-5th grade students visit the cafeteria once a day: during their lunch break
- 6th-8th grade student visit the cafeteria once a day: during their lunch break
- 9th-12th grade student visit the cafeteria twice a day: during break and lunch

**NOTE: If a student stays in school for after school sports then it's possible to visit the cafeteria as soon as classes are over before practice for a quick snack.*

2. How long is lunch?

ELEM:

- **K & 1st** : 20 minutes lunch, food is delivered from the cafeteria to their classrooms.
- **2nd to 5th**: 50 minutes lunch, they may only get food from the cafeteria either on the first or second 20 minute block assigned to their classroom.

MSHS:

- **6th-8th grade**: 25 minutes advisory and a 30 min lunch.
- **9th to 12th grade**: 10/15 min break and 30 min lunch.

3. Where can I find the menu for K-5th grade students?

All ASFM's cafeteria menu's are published in our website:

<https://www.asfm.edu.mx/campuslife/nutrition>

All pre paid meal plans and hot meals options include: 1 protein serving, 1 carbohydrate serving and 1 vegetable serving.

4. What may a 6th-12th grader eat?

Hot Meals

Daily food options include:

- 2 options to choose from.
 - 1 protein serving, 1 carbohydrate serving and 1 vegetable serving
- Soup of the day
- Salads bar
- Fresh fruit water and dessert

Heat & Go

- Heat & Go menu includes: paninis, burgers, salads, tacos, chilaquiles.

Grab & Go

- Grab & Go menu includes: snacks, jelly, fruit cups, salad and sandwich options.

5. Why can't students buy sodas and specific food snacks?

On May 16th, 2014 the Mexican Department of Education (SEP) published in the Official Journal of Federation the food and beverages guidelines that must be met by all school cafeteria suppliers in schools around the country. This document bans and limits soda and certain junk food sales.

**NOTE: If you have any questions regarding specific food items please contact the Food and Nutrition Department.*

6. What does a typical daily menu consist of? Who designs the menus?

A typical daily hot meal menu consists of 1 protein serving, 1 carbohydrate serving and 1 vegetable serving, 1 beverage (water or agua fresca).

Other fixed menu items are available as well.

All menus and recipes are created in collaboration with our cafeteria provider and ASFM's Food Service & Nutrition Coordinator. Taking into consideration the student's age and energy requirements.

7. Who cooks all food offered to students?

All food is prepared inside ASFM's kitchens by our food concessionaire (MC+). Both, the installations and the personnel, operate under guidelines and techniques established by Distintivo H.

8. What is the Distintivo H Certification?

The Distintivo "H" is a recognition granted by the Ministry of Tourism and the Ministry of Health, to those fixed food and beverage establishments, for complying with the Hygiene standards established by the Mexican Standard NMX-F605 NORMEX 2004.

9. ¿Is it possible to have the cafeteria warm the food I bring from home?

No. If you wish to warm food from home there are microwaves available in both cafeterias.

Distintivo H program is 100% preventive, which ensures the warning of contamination that could cause a foodborne illness. This program includes food reception guidelines which prohibit the reception of food that wasn't prepared inside ASFM's kitchen and by MC+ staff.

10. What are the benefits of participating on a prepaid meal plan (1st-5th grade students)?

Students participating on a prepaid meal plan have a separate line, this speeds up the service providing them a more relaxed and enjoyable lunch experience.

11. How is a prepaid meal plan experience for a student?

1. Prepaid meal plan students have a special and separate line (Red arrows on the floor indicate where the line starts and finishes).
2. At the beginning of the line students must give their names/or student ID to the cashier
3. Once students get their food and beverage they leave the line and go to their assigned table to enjoy their meal.
4. As soon as the time given to get food is over students get a 2 minutes warning to allow them to finish eating, get their dirty plates back to the kitchen, throw their garbage away and finally line up to return to their classrooms.

12. Which are prepaid meal plan and cashless balance payment options?

You have 2 payment options:

<https://www.asfm.edu.mx/campuslife/schoolservices/cafeteria/payment>

13. Where can I find the prepaid meal plan and cashless balance menu?

Monthly menu is available in English and Spanish on our school's website

[Campus Life > Food Services and Nutrition > Cafeteria](#)

Click here to go to the menu: www.asfm.edu.mx/cafeteria

14. Where can a N-12th grade student drink water?

Inside Elementary's building and around its outdoors areas there are 22 water fountains and 3 bottle filler and cooler stations.

Inside MSHS building and around its outdoors areas there are 35 water fountains and 15 bottle filler and cooler stations.

Water available on both the water fountains and the bottle filler stations have filters and a silver ion antimicrobial protection on its key components to inhibit the growth of mold and mildew.

For ASFM it is important to have available to students drinking water solutions that have a positive impact on the environment. These solutions save plastic bottles from waste.

15. What else is done to corroborate water quality and drinkability?

To verify water quality including levels of bacteria, lead, pesticides and chlorine monthly analysis are run by a certified lab.

16. How was the school's food concessionaire selected?

MC+ was selected after a 6 months through bidding process in which other food services companies participated.

1. The process started with visits to top school's from Nuevo León to analyze their food services options.
2. The next step was to run a careful evaluation of food services companies. This evaluation included meetings, interviews and on site visits with the companies' staff.
3. In collaboration with ASFM's legal affairs and finance department a list of requirements was elaborated.
4. An invitation to participate in the bidding process was handed to selected food services companies which had passed the first filter.
5. Companies who handed documents on time were evaluated by a school committee.
6. MC+ got the highest evaluation when complying to ASFM's requirements.

17. What can I do if my question is not answered here?

Please contact us. We want to hear from you!

Contact us button:

[Campus Life > Food Services and Nutrition > Contact Us](#) or click this link

<https://www.asfm.edu.mx/campuslife/nutrition/contact>

Email our Food Services and Nutrition Department <rebeca.najera@asfm.edu.mx> to share your questions or schedule a meeting.