

Dear Parents,

It is our mutual goal to teach and encourage our children to develop nutritious eating habits and make healthy choices. Selecting healthy choices will ultimately help children to develop behaviors that will serve them throughout their lives.

The Student Nutrition Department provides these healthy choices in our breakfast and lunch meals each day. Remind your children that they may select a meal that includes the following:

BREAKFAST MEAL:

A student must select a minimum of 3 components or a maximum of 4 components to get the breakfast price or receive meal benefits. Components are meat (m/ma), bread (g/b), fruit (f/v), and milk (milk).

Examples:

- a. Cereal (g/b), yogurt (m/ma), peaches (f/v), & milk (milk)
- b. Cereal (g/b), yogurt (m/ma), & peaches (f/v)
- c. Yogurt (m/ma), peaches (f/v), milk (milk)

LUNCH MEAL:

A student must select a minimum of 3 components or a maximum of 5 components to get the lunch price or receive meal benefits. Components are meat (m/ma)- may choose up to 1, bread (g/b)-may choose up to 1, fruit (f/v)-may choose up to 2, and milk (milk)-may choose up to 1.

Examples:

- a. Chicken nuggets (m/ma & g/b), sweet potatoes (f/v), Apple (f/v), milk (milk)
- b. Wheat roll (g/b), broccoli & cauliflower (f/v), Hash brown (f/v), milk (milk)
- c. Chicken nugget (m/ma), apple (f/v), milk (milk)

Juice is available only at an a la carte price.

A LA CARTE:

A la carte purchases are charged separately.

If you choose to allow your child to purchase a la carte items, you have the option to send cash or add extra money to your child's account.

We encourage all a la carte items to be purchased at the time of meal purchase to alleviate longer lines.

Contact US:

Please visit our website for contacts, meal prices, nutrition information, menus, nutritional analysis, and an allergen list. Also, look for our upcoming events, nutrition videos, and games and puzzles. Visit us at www.wylieisd.net and connect to Parent Resources, then click on "Lunch Menus."

Facts About School Lunch:

The Wylie ISD participates in the National Breakfast and School Lunch Program. Texas Department of Agriculture (TDA) and United States Department of Agriculture (USDA) dietary guidelines are followed to meet the nutritional needs for all students. Recommendations include; that no more than 30% of calories come from fat and less than 10% from saturated fat. Regulations also establish a standard for school lunches to provide one-third of the Recommended Dietary Allowances of protein, vitamin A, vitamin C, iron, calcium and calories.

Wylie ISD Student Nutrition Department follows all federal and state guidelines and is evaluated every five years during an extensive audit (Coordinated Review Effort).

The Wylie ISD Student Nutrition Department strides for the highest standards in menu variety and meal quality. All meals follow the Texas Public School Nutrition Policy (www.squaremeals.com) and are planned by a registered dietitian. Health inspections at each kitchen are given twice a year by the county, HACCP Policy, Wellness Policy and Civil Rights Policy are implemented. Staff is trained on all regulations.

Wylie ISD Student Nutrition Department is also involved in the Healthier US School Challenge.

School Lunches are;

- * including more fruits, salads, and vegetables daily
- *including more dairy items; skim milk, 1% milk, yogurt
- *including whole grain or whole wheat menu selections
- *Including only baked prepared or prepackaged foods
- *Excluding added salt or salty foods
- *Excluding foods with minimal nutritional value
- *Excluding fried foods

Free and Reduced Cost Meals

Nutritious meals are available free or at a reduced price to eligible students. Applications are available online with each schools application packet, or at the Student Nutrition Department website and office. All applications must be completed annually. Return all paper applications to the school campus or to the Student Nutrition Department located at 200 Pirate Drive, Wylie, Texas 75098. Phone number- 972-429-2333.

Applications may be submitted anytime during the school year.

Payment for Meals

Students are encouraged to purchase meals from the Food and Nutrition Department in advance. The Point of Sale system allows for payments to be made to the student's account all year. Students may use the money to purchase any food in the cafeteria. Each student is assigned a personal identification number that can be used until their senior year. Every student must enter his/her ID number on a keypad or scan their ID card whether paying cash or using their account.

Please be sure your student knows his/her

*ID number

*Teachers Name (Elementary)

Three types of payments are accepted for school meals or grab and go items. Cash, check or online payment. A check must have the parent's driver's license number before it can be processed. To begin your online payment by credit or debit card first connect to the district's website which is www.wylieisd.net, click on Wylie ISD Web Store, (meal payments) for instructions, then follow the directions to set up your account through Parent Online Access.

To make an online payment, parents will need;

*major credit card, debit card

*Students' ID number

Parents can also view student transactions reports and monitor meal activity.

If you prefer that your student only purchase full meals, please let the manager know and she will mark the account to that effect. Pre-payments in the morning before school or credit card

payments help us move the students through the lines much faster; this allows them more time to eat their meal. Students are always notified when their account is getting low. Payment reminders are sent home two times a week; e-mails/phone messages are sent out weekly. Please pay negative accounts in a timely manner to prevent an alternative meal to be given.

The alternative meal is a cheese sandwich, fresh fruit, carrot sticks, dessert and milk at Elementary and Intermediate schools.

The alternative meal is a cheese sandwich and milk for Junior High and High School.

Charging is not allowed.

We Recycle:

Wylie ISD is committed to recycling.

At many campuses, we are promoting recycling paper and plastic.

Please call or e-mail your school manager with any questions or concerns. (E-mail address and phone numbers are listed at the Student Nutrition Department website.)

Thank you,

Dawn Lin

Student Nutrition Director

972-429-2335

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