

Fayette County Schools

Child Nutrition Program

Parent Guidance

The administration of the Fayette County School System believes that good nutrition is very important to learning and that every child has the right to nutritious meals. The Fayette County School Lunch Program is required to meet The Healthy, Hunger-Free Kids Act of 2010 and The Alabama State Wellness Guidelines.

Students select **three or more** of the menu items offered: entrée, vegetable, fruit, bread, and milk for lunch and three or more of the four menu items offered for breakfast. **Students must select at least ½ cup vegetable or fruit at lunch and breakfast. They may also purchase additional items along with the meal.** These are extra sale items and prices of these items are subject to change. Please encourage your child to make good food choices, practice portion control and exercise daily.

Competing foods are not allowed in the lunchroom. Students should not bring in food from outside sources (restaurants or snack machines). Students are permitted to bring lunch from home if the lunch is in a lunchbox or plain (no logo) paper bag. Students are not allowed to leave campus during breakfast or lunch. No carbonated soft drinks or drinks considered of minimal nutritional value are allowed. If you do choose to send a lunch from home, please make sure it is a nutritious lunch with fruits and vegetables. Cafeteria purchases must be paid for in advance (at the point of service or at LINQConnect.com). You may deposit daily, weekly, monthly or yearly in your child's lunch account.

Fayette County Child Nutrition Charge Policy

It is the intent of the Fayette County Board of Education to provide an opportunity for every student to eat a nutritious breakfast and lunch during the school day. It is also the intent of the Fayette County Board of Education to comply with all federal program regulations pertaining to the National School Breakfast and National School Lunch programs. Employees and guests must remit payment for meals at the time of service. Employees/Guests may not charge meals. Employees may have an active meal account from which to purchase their meals.

Cafeteria purchases can and should be paid for in advance or at the point of service. Each student will have a meal account for monies to be deposited throughout the year. Students will NOT be denied a meal. However, no charges will be allowed for à la carte items or extras. Parents will be notified nightly of any negative balance on their child's school meal account. However, a nonpublic fund source must be established at each school to cover any uncollected debts. It is the responsibility of the Child Nutrition Manager at each school to notify the principal of any unpaid debts on a weekly basis and at the end of the school year.

Meal account deposits paid by check must have the student's name, lunch number and phone number on the check. Please write separate checks for each student. Meal account deposits may also be made online at LINQConnect.com.

Community Eligibility Provision (CEP)

Fayette County Board of Education of Education will be participating in the Community Eligibility Provision pilot program for the 2023-2024 school year. This pilot program will allow ALL Fayette County School District students to eat breakfast and lunch at NO CHARGE. ALL reimbursable school meals will be FREE to our students for the 2023-2024 school year!

Free/Reduced Meal Applications

Free/Reduced meal applications are not required for the 2023-2024 school year.

Lunch menus are posted in all schools and at www.fayette.k12.al.us/Page/1205

Breakfast Prices

All Students... NO COST
Adult Employee...\$2.85
Visitor...\$3.75

Lunch Prices

All Students... NO COST
Adult Employee...\$4.35
Visitor...\$5.25

Extra items

All students must pay for extras at the time of purchase

No Charging Extras!

4 oz. Juice...\$0.50	*10 oz. Juice...\$1.00
6 oz. Juice...\$0.75	*Gatorade...\$1.50
*Tea... \$1.50	*Flavored Water...\$1.50
8 oz. Bottled Water...\$0.50	16.9 oz. Bottled Water...\$1.00
*Body Armor Lyte...\$2.00	*Cold Brew Coffee...\$2.00
Breakfast Entrée ...\$1.25	Lunch Entrée...\$2.25
Extra Bread...\$0.50	Cookie...\$0.50
Yogurt, Granola & Fruit...\$2.50	Jerky Snack...\$2.50
Extra Vegetable...\$0.75	Extra Fruit...\$0.75
Cup...\$0.25	Muffin or Brownie...\$0.50
Ice Cream...\$1.00	Crackers/Chips...\$0.75

**Items only available at High Schools*

Price and availability of extra items is subject to change.

Parents, please discuss with your student about purchasing extra items in the cafeteria.

Breakfast Benefits

Breakfast at school is. . .

- Convenient
- Inexpensive
- Packed with good nutrition
- Linked to improved academic performance
- Available **FREE to ALL students!**
- Available every day of the school year

What if I don't have time to feed my child breakfast at home?

Early morning and crazy schedules make breakfast difficult some days. Luckily, you don't have to worry about your child missing a meal, because breakfast is served at school at the following times:

Elementary School 7:25 a.m. to 7:50 a.m.

Middle School 7:25 a.m. to 7:45 a.m.

High School 7:25 a.m. to 7:45 a.m.

Will my child benefit from eating breakfast?

School breakfast will give your child a healthy start to the day. A nutritious breakfast helps students be more alert so they can learn more in class. School breakfast is also packed with vitamins and nutrients, to help make a strong healthy body.

Nutritional Benefits of Breakfast...

- Adolescents who eat breakfast tend to have a lower body mass index (BMI)
- Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.

- Eating breakfast provides more important nutrients, vitamins, and minerals, such as calcium, dietary fiber, folate, and protein.
- Eating breakfast as a child is important for establishing healthy habits for later in life.

Academic Benefits of Breakfast...

- Eating breakfast has been shown to help improve math, reading, and standardized test scores.
- Breakfast helps children pay attention, perform problem-solving task and improves memory.
- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.

What is the School Breakfast Program?

The School Breakfast (SBP) is federally-assisted meal program that operates in public and private nonprofit schools and residential child care institutes. Participating schools receive reimbursement for breakfast which meets specific USDA nutrition requirements.

Other Services

Other meal services provided by Fayette County School's Child Nutrition Program are free afterschool snacks for students participating in a 21st Century Afterschool Program and any other approved academic afterschool program at a Fayette County School. Snack is served from 3:00 p.m. – 3:30 p.m. Fayette County School's Child Nutrition Program also provides free breakfast and lunch for students participating in a 21st Century Summer Program and any other approved academic Summer program at a Fayette County School.

Wellness Policy

Foods and beverages sold individually (i.e. foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte {snack} items, fundraisers, school stores, etc.) at a minimum must follow the Alabama State Department of Education guidelines.

State Guidelines on Foods and Beverages

- **Elementary Schools:** No carbonated soft drinks shall be available for sale to students at any time during the school day. No item to be considered to be in this category of carbonated soft drinks may be provided free of charge to students or brought on campus for student consumption. No food or beverage that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. (Unless approved as a non-exempt fundraiser- only 30 days per year allowed)

Items that may be sold include: 1) non-carbonated unflavored water any size, 2) up to 8 ounces 100% fruit juices with no added sweeteners, 3) up to 8 ounces low-fat unflavored milk or nonfat flavored or unflavored milk.

- **Middle School:** No carbonated soft drinks shall be available for sale to students at any time during the school day. No items to be considered in the category of carbonated soft drinks may be provided free of charge to students or bought on campus for student consumption. No food or beverage that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. (Unless approved as a non-exempt fundraiser- only 30 days per year allowed).

Items that may be sold include: 1) No or low calorie flavored or un-flavored water up to 20 ounces. 2) Up to 10 ounces low fat unflavored or 10 ounces non-fat flavored and unflavored milk no more than 187 calories (150 calories per 8 ounces). 3) Up to 10 ounces 100% fruit juice with no added sweeteners (up to 150 calories for 10 ounces, 120 calories for 8 ounces).

- **High School:** High Schools may sell no calorie or low calorie carbonated drinks as long as they do not contain more than 10 calories per 8 ounces, with a 20-ounce maximum. No item considered to be in this full sugar category of carbonated drinks may be provided free of charge to students or brought on campus for student

consumption. No food or beverage that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. (Unless approved as a non-exempt fundraiser- only 30 days per years allowed)

Items that may be sold: 1) Bottled water any size, 2) No or low calorie flavored or unflavored water up to 20 ounces, 3) Milk up to 12 ounces low fat unflavored or non-fat flavored or unflavored milk, 4) Up to 12 ounces 100% fruit juice with no added sweeteners, 5) Tea, and sports drinks up to 12 ounces with no more than 99 calories.

Foods and drinks not allowed in the cafeteria

Foods or beverages that cannot be served in the cafeteria cannot be purchased by students elsewhere and brought into the cafeteria for consumption. No food of any type may be sold or provided to students at any place on the school campus during meal service, to include breakfast and lunch times and the hour proceeding and the hour following each meal service.

Sack Lunches

Parents that prepare sack lunches for consumption on school premises shall be encouraged to follow these same guidelines. Lunches from home should be in a plain paper bag or a lunch box. Restaurant meals are not allowed.

Foods of Minimal Nutritional Value

In addition to the restrictions regarding the sale of carbonated beverages, no one on school campus should provide access to “for sale” or “free” foods and beverages of minimal nutritional value as identified under USDA regulations 7 CFR 210. (see Fundraising Activities) All fundraising activities must meet the States Wellness Guidelines. (see Wellness Policy)

Snacks

Snacks served during the school day or in after-school care or enrichment programs shall make a positive contribution to children’s diets and health, with an emphasis on serving whole grains, low fat dairy, fruits, and vegetables. All ala carte items sold or provided must meet the Smart Snack guidelines.

Physical Activity

At a minimum, students will receive the Physical Education State Course of Study recommendation for per day activity by qualified staff and students will be encouraged to fully embrace regular physical activity as a personal behavior at school and at home. Waiver for exemption to physical education requirements must be approved by the State Department of Education. Waivers for High School students must follow the guidelines as outlined in Instructional Code Changes.

We encourage you to log on to www.fayette.k12.al.us to view the entire wellness policy, free/reduced price application, and other nutritional information. If you do not have access to the internet; please contact the Child Nutrition Director. We encourage everyone to read and follow the wellness guidelines.

For other information about the Child Nutrition Program, please contact Jenna Mayfield, Child Nutrition Program Director at 205-932-4611 (Ext 1003) or jmayfield@fayette.k12.al.us or you may contact the lunchroom manager at your school.

We hope that you and your child have a great school year!

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity* and sexual orientation*), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [USDA Program Discrimination Complaint Form](#) from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

This institution is an equal opportunity provider.

*The enclosed "non discrimination" language herein was added pursuant to the May 5, 2022, USDA memorandum. However, although included as currently required for audit compliance by the USDA, the State of Alabama objects to its **inclusion, applicability** and the **application** of this language due to currently pending legal challenges in the matter of *The State of Tennessee, et al. v. USDA, et al.*, Case No. 3:22-cv-00257, and may be subject to change or removal.