

Nederland Nutrition Nibbles

Welcome to the 2023-2024 School Year

Staff members in the Child Nutrition Department are looking forward to a great NISD school year. We value the opportunity to participate in your child's educational and nutritional experiences. Our goal is to provide a balanced and nutritious meal, promoting positive food habits at a minimum cost.

We hope this information will answer questions you may have about our services. If you have other questions or concerns, please contact your Cafeteria Manager or the Child Nutrition Department.

The Child Nutrition Department operates under the agreement with the Texas Department of Agriculture for the school breakfast and lunch programs. Under this agreement, we comply with certain state and federal guidelines and strive to provide quality food and nutrition for our students.

Menus are designed under specific USDA guidelines for food content, considering nutrients and calories needed for growing years. We strive to include student favorites, adhere to the guidelines, encouraging good food habits, and utilize USDA foods that are donated to us within our menus.

Attention Parents

Please note the meal prices for the various grade levels. For your convenience, we recommend prepayments of meals by the week, biweekly, or monthly. Positive and Negative Account balances roll forward from month to month.

Student Lunch

High School.....	\$3.00
Middle School	\$2.75
Elementary	\$2.75
Reduced Lunch.....	\$0.40

Student Breakfast

All Grade Levels.....	\$1.50
Reduced Breakfast.....	Free

NISD Child Nutrition Personnel work hard at keeping abreast of new developments in the field of child nutrition by taking continuing education classes and attending workshops. Many are members of the *Nederland School Nutrition Association*, an affiliate of the *Texas Association of School Nutrition* and the *School Nutrition Association*. Several of the members are certified by these organizations in the field of school Child Nutrition, a mark of their education and training and willingness to pursue professional growth.



The School Cafe' website: www.schoolcafe.com provides a secure online system for parents to

- Make payments to their student's cafeteria meal account
- Set low balance alerts for accounts
- Review school menus
- Review your student's buying history
- Apply for free and reduced-price meals

First time users will need to create a username and password. You will also need your student ID# to access meal account information.

Meal Charging and Negative Balance

NISD is committed to allowing students to receive the nutrition they need to stay focused during the school day, minimize identification of children with insufficient funds to pay for school meals and maintain the financial integrity of the nonprofit school foodservice account. Students with negative balances will not be denied a reimbursable meal but are encouraged to bring money the next day.

In the event a student is unable to provide cash or has no money on their student meal account the student is allowed the following options:

- To charge one reimbursable breakfast daily without limitations
- To charge one reimbursable lunch daily without limitations

Refer to Admin Regulation for [Meal Charge Policy](#) on NISD Website.

Free & Reduced Meal Applications

The Child Nutrition Department is in the process of collecting meal applications for all students for the 2023-2024 school year. Complete one application per household online at www.schoolcafe.com. Printed meal applications are available upon request at the school or Child Nutrition office. If you have any questions please call 724-2391 ext. 1226.

If you receive a *Direct Certification Notification* letter from NISD after July 5, 2023 indicating that your child will receive free or reduced-price meals, DO NOT FILL OUT AN APPLICATION FOR THAT CHILD.

Offer Verses Serve

What is offer vs. serve? It is saying that students are offered at least five items at lunch and at least four items at breakfast and they may choose to be served only three. Students have the opportunity to select three, four, or five components at lunch, allowing for food favorites or dislikes while considering nutritional needs. This helps the student to have a selection without having excess food waste due to preferences and varying hunger levels. Only the students can make these choices. Students are encouraged to take the full menu, but only what they will eat. Students must choose at least ½ cup fruit or vegetable to complete their breakfast and lunch.

The five school lunch components are: meat, vegetables, fruit, grain, and milk. The three school breakfast components are; milk, fruit, grains. The meal patterns are established by USDA guidelines.

Meal Standards for students aged 5 and under who are not enrolled in kindergarten:

NISD Child Nutrition Department will follow the CACFP meal pattern for students aged 5 and under who are not enrolled in kindergarten. Offer vs. Served will not be used. Students not enrolled in kindergarten will receive at breakfast and lunch each component served that makes up the complete meal. Visit the Child Nutrition webpage for more information regarding the CACFP meal pattern.

Eating Breakfast Can Help Your Child Academically

Hungry children cannot perform to their fullest potential if they are constantly thinking about how hungry they are. Studies have shown that children who eat breakfast perform better on tests because they

- ☺ are more attentive
- ☺ can concentrate better
- ☺ learn more
- ☺ are absent and tardy less often
- ☺ make fewer trips to the nurse's office
- ☺ have more energy
- ☺ are more productive
- ☺ feel better
- ☺ have better attitudes

By morning children have usually been without food for 10 to 12 hours. Children need to eat breakfast in order to maintain their energy levels and powers of concentration throughout the morning.

Menu Content

To help clarify the food content of menu items here are a few general guidelines. The Child Nutrition Department strives to be clear as to the menu content. However, menu items may not always completely indicate the full recipe content.

- The low fat frankfurters and corndogs are turkey.
- Fish is Alaskan Pollock.
- Crisпитos are filled with chicken. Enchiladas are filled with low fat American/mozzarella cheese.
- Hamburgers are reduced fat and sodium and are 100% beef.
- No sulfating agents or products with sulfites are used.
- Milk choices are regular 1% fat and chocolate fat free.
- We have reduced fat and sodium in all of the food items produced in the kitchens.
- Salt free seasonings are used to provide flavor and reduce sodium content.
- Low sodium or no salt added canned vegetables are used when available.
- Sandwiches made with sliced turkey.
- Fresh fruit and vegetables are offered daily to increase fiber and vitamins.
- We utilize steaming, baking and broiling. No Frying.
- Whole grains are offered daily.

According to USDA regulations, only milk will be offered as a component/beverage with the breakfast and lunch program. Fruit juice, low calorie sports drinks, low calorie carbonated beverages, and bottled water may be purchased as an a la carte item at the high school. Students in PK-8th grade may purchase bottled water or 100% fruit juice.

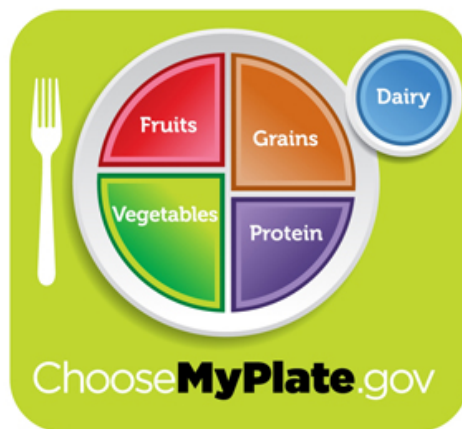
Special Diet Request

Students with any food allergies or special dietary needs will need a physician's statement including the following elements: student's issue, explanation of why the issue restricts the student's diet, life activity affected by the issue and food/foods to be omitted from the student's diet and the food or choice of foods that must be substituted. A special dietary needs form is available on the Child Nutrition webpage [Physician's Diet Modification](#), at each campus nurse office, campus

cafeteria manager's office or Child Nutrition office. The diet modification form remains on file for the duration of the student's enrollment with NISD. Changes will not be made without notification from physician or parent. If you have any questions, please call 724-2391 ext. 1226.

High School Menu

High School students enjoy more choices with a restaurant style menu. The menu features two different lines including a *Hot Tray Line* and a self-serve *Student Combo Bar*. The price for both lines is \$3.00. Each additional meal will cost \$4.15 and cannot be charged to the student meal account. High School students also have the option to purchase snack items and beverages from vending machines throughout the day. Snacks and beverages are compliant with USDA Smart Snack Rules.



All foods sold to students on campus must meet the new USDA Nutrition Standards. For more information see fns.usda.gov/school-meals/child-nutrition-programs.

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, audiotope, 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: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, 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;

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

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.