

Walker County Board of Education

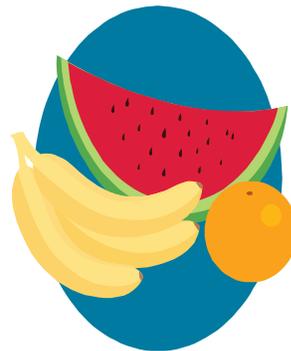
School Nutrition Program

Fresh Fruit and Vegetable Program

The Walker County School Nutrition Program is pleased to announce the implementation of a Fresh Fruit and Vegetable Program at Rossville Elementary School. This program has four main goals: (1) Create a healthier school environment by providing healthier food choices, (2) Expand the variety of fruits and vegetables children experience, (3) Increase children's fruit and vegetable consumption and (4) Make a difference in children's diets to impact their present and future health.

We are extremely excited to have the opportunity to offer this program to students. Students will be offered a fresh fruit and vegetable 3 to 5 days each week. Snacks must be consumed during the school day. Students will be provided fruits and vegetables they are already familiar with such as apples, oranges and carrots. We will also introduce students to fruits and vegetables that are not so familiar such as star fruit and jicama. In addition to offering fresh fruits and vegetables daily, teachers will receive various nutrition education materials throughout the school year and a fact

sheet on each fruit and vegetable to share with students. We will be purchasing produce from T & T Produce, a local vendor who will be able to supply us with some locally grown fruits and vegetables.



School Meals

The Walker County School Nutrition Program offers quality, low cost meals to students. Meal costs this school year are \$1.10 for breakfast and \$ 2.15 (Middle & High), \$1.90 (Elementary) for lunch.

Students may be eligible for free or reduced price meals, by completing a meal application and returning it to the school. Reduced priced meals are \$.30 for breakfast and \$.40 for lunch. A meal application may be completed at any time

throughout the school year. For more information or assistance completing the meal application, please contact Food Service office at 706/638-7969

Healthy Meals Feed Eager Minds

Meals served under the NSBP & NSLP must meet nutrition guidelines based on the Dietary Guidelines for Americans.

Breakfast

is available daily at all Walker County Schools for \$1.10.

Benefits of Eating Breakfast:

- ◆ Perform better at school
- ◆ Do better on tests
- ◆ Helps you stay alert in class
- ◆ Keeps your memory sharp
- ◆ Improves your diet

Every School Lunch Includes Five Great Choices:

Milk – Fat free or 1% - flavored or regular

Vegetables– Variety offered of Fresh, canned or frozen w/ lower sodium

Fruit – variety of fresh and canned w/ lower sugar are served

Grains–Whole grain items like rolls, sandwich bread, & tortilla chips

Meat or meat alternate – chicken, fish, lean beef & pork