

What is School Nutrition?

School lunch menus are planned to provide at least one third of a child's Recommended Dietary Allowance (RDA). The school nutrition program has come a long way since Congress passed the School Lunch Act back in 1946!

School breakfast provides at least one-fourth of a child's RDA. All of our schools offer breakfast programs. Many of our schools offer Breakfast-on-the-Go where students select their breakfast & go to the classroom.

Every child needs a healthy breakfast and lunch each school day. Good nutrition is critical to student achievement.

The better-nourished student will generally have better attendance, be more attentive, and have more energy to cope with school-day challenges.

Studies have shown that students who eat breakfast at school score higher on standardized tests and have fewer discipline problems.

Highlights of the School Nutrition Program

*Affordable prices

- **Menus** are planned at the local school level to incorporate students' suggestions and preferences.
- **Meals** adhere to the dietary guidelines with less fat, sugar, and salt.
- **Choices** can be made from a wide variety of fresh, tasty, nutritious menu items daily.
- **All snacks** purchased from the school are smart snack approved unless school has requested a waiver
- **The Walker County Wellness Policy** states meals in the cafeteria must be purchased from the school or brought from home in the morning in food safe containers.
- **The Walker County Wellness Policy** encourages exercise and activity at school.
- **School Nutrition** manager and staff provide individualized nutrition education.
- **Skilled**, professional management is on-site keeping healthy meals affordable to all students.

Parents are encouraged to Pre-pay for meals.....

- * It's convenient.
- * Eliminates the need for daily lunch money.
- * Avoids charged meals.
- * Reduces chance of losing money
- * Quicker service in cafeteria lines.

- * You can view your student(s) meal balances on Power School Parent account.
- * If student account balance reaches \$5.00 in meal charges you will receive a phone call reminding you to send money in for student(s) account.

Tips for paying and pre-paying student meals. . .

You may pay for your child's meals in advance by sending cash, check, or money order for the amount you wish to pay. Please place cash in an envelope with your child's name, personal account number, amount of deposit, and teacher's name on the front of the envelope. Checks and money orders should have the students name and personal account number written clearly on the front. The check should also have the parent(s) or guardian(s) name, physical address, and a current telephone number. Checks should be made payable to the name of your child's school cafeteria for the amount to be deposited to your child's account. Nexcheck processes returned checks for school nutrition. If we receive a check that does not clear the bank, it will be handled by Nexcheck. You will be contacted directly by Nexcheck to make arrangements to pay the check amount plus any service charge that may be incurred. If you do not properly respond to Nexcheck or Nexcheck is unable to contact you, Nexcheck may re-present your check to the bank electronically along with applicable collection fees, which can be substantial. If a check is returned, we can no longer accept checks on that account until the returned check has been paid in full. Please send cash or money order until outstanding checks have cleared.

Pre-Payment Prices

Days	Breakfast			Lunch	
	Elementary	Middle/High		Elementary	Middle/High
Daily	\$ 1.10	\$ 1.10		\$ 1.95	\$ 2.20
5 days	\$ 5.50	\$ 5.50		\$ 9.75	\$ 11.00
10 days	\$ 11.00	\$ 11.00		\$ 19.50	\$ 22.00
20 days	\$ 22.00	\$ 22.00		\$ 39.00	\$ 44.00

Free and Reduced Meals

Applications will be made available to each student. The application process is a family application; therefore, only one application has to be completed for your family.

- All students/family, including foster children, must fill out a Free & Reduced application every year to qualify for Free & reduced meals.
- All information is kept very, very confidential. With the numerous systems in place no one knows if a student is free, reduced or full pay in the schools.
- Children will be charged full price for meals until their applications have been processed at the central office. This applies to all students. No exceptions.
- Applications are processed in the order they arrive at the central office. Not the date they are returned to school.
- Children who finished the previous school year on a free or reduced status will start the new school year on this status. This status is for the first 30 days of school. If a new application is not turned in by that time their status will automatically go to full pay.
- Students are responsible for all charges made prior to the processing date of their application.

- You may bring an application by the School Nutrition Office anytime during the school year or contact us by phone (706-638-7969). We will do our best to help you.
- If you have any changes within the year (examples: income, number in household, foster children, SNAP (food stamps) please contact the school nutrition office at 706/638-7969 or fill out a new application immediately and return to school with your child.
- All applications must have a signature & last 4 digits of social security number for processing.

Parental involvement and support are encouraged!!!

Parents are welcome to eat lunch at school. Please notify your child's teacher in advance if you wish to eat lunch w/your student. Questions concerning the School Nutrition Program should be directed to the School Nutrition Office at 706/638-7969.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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.”

We believe this will be a fantastic school year and look forward to serving your child(ren). Please do not hesitate to call the school nutrition office (706/638-7969) if you have any questions.

Menus are available online at www.walkerschools.org.