

SCOOP FROM THE SCHOOL NUTRITION DEPARTMENT

SEPTEMBER 2011

Welcome back to School! We hope you enjoyed your summer break and are excited to get back to school this fall. There are a few changes this year due to the new regulations from the United States Department of Agriculture that oversees school nutrition programs.

Water must be available to all students in the dining room where they eat their meals. An igloo cooler with cups will be available in each dining room that doesn't already have a drinking fountain in it. Students may get a cup of water at no cost to them. Water is vital to the healthy functioning of the body. This is why USDA has made this a requirement for school meals.

Breakfast pricing remains the same with elementary breakfast \$1.00 and middle and high school breakfast at \$1.25. Paid lunch prices have changed. Elementary full price lunch is \$1.80 and middle and high school price is \$2.30. The reduced price for breakfast and lunch remains at 25 cents each.

Meal pricing and the student meal charge policy are printed on a separate sheet.

The biggest change has been made on the application for free and reduced priced meals. Changes are as follows: Section 1 is where all children are listed. If the student is a foster child check the box at the end of the line. Also check the box no income if the child has no personal income. Complete section 2 with the name of the person receiving SNAP (food stamps) or TANF and the case number. Section 3 should be completed if a child is homeless, migrant or runaway. Call the number on the form for help with this item. Section 4 is where all household members and their income are listed. If there is no income check the box at the end of the row. Section 5 is where the person completing the form must sign their name, date, phone, home address and the last four digits of their social security number or check the box if you don't have SS #. Also include your email address if you have one. Instructions are on the back of the form.

All applications approved last year will expire on September 30, 2011. Please submit a new and completed application for this school year before October 1, 2011. For help with this form call 518-775-5708.

Our menus will reflect the new regulations from USDA. Milk choices remain the same. We will be making more homemade soups later in the school year. Fish will be offered more frequently this year. Whole wheat bread products and whole grain items will be increased on our menus. We will be serving a new chicken nugget made with all white meat. Our kitchen staff will be experimenting with a few new dishes such as Pancit, Red Beans and Rice and Mediterranean Chicken. We welcome suggestions for menu items.

Start your day with Breakfast at home or at school. Breakfast is available daily in all buildings.

Have a fun and exciting school year!