

## Elementary School Nutrition Programs

Henry County Schools' Nutrition Programs consist of several federally administered programs to provide meals and snacks to children during different times of the day and year.

All of our elementary school students now qualify for breakfast and lunch free under the Community Eligibility Program. We encourage all students to start their day with a healthy breakfast, whether they eat it at home or at school with us! Studies have shown that children who eat a healthy breakfast tend to do better in school. They also take in more vitamins and minerals, eat less fat and cholesterol, have less chance of becoming overweight and tend to have better overall health. Breakfast is offered every day school is in session with the exception of days when opening is delayed by two (2) hours. Breakfast *is* served when there is a one (1) hour delay.

The School Nutrition Programs participate in the federally funded National School Lunch Program (NSLP), providing nutritionally balanced, free lunches to all children each school day. Our programs meet federal nutrition standards, which have been modified to reflect recommendations from the Institute of Medicine that were adopted for the Healthy, Hunger-Free Kids Act. Studies have shown that students who participate in the NSLP have higher average intakes of essential nutrients, consume meals that are lower in fat and added sugars and contain more variety of food choices than meals brought from home.

**All students qualify for FREE lunch under the Community Eligibility Program.** Applications do not need to be filled out for elementary school students. Menus are available on the Henry County Schools' website and can now be accessed on mobile devices. Nutrition analysis of menu items is an interactive part of the menus on the website.

### **Meal Pricing for 2016-2017:**

Student breakfast – free, regardless of financial status	Adult breakfast - \$2.10
Student lunch – free, regardless of financial status	Adult lunch - \$3.35
Extra Milk - \$0.40	

### **Parents are provided with several options to make advance payments for their child's meals:**

- **MyPaymentsPlus** – access anytime to make payments online is available with this service. Go to <https://www.MyPaymentsPlus.com/> and enroll your student(s) by following the instructions provided. You will need your child's full Henry County School ID number. The fees for use of this site are paid by Henry County School Nutrition. Methods of payment: Visa, MasterCard, Bank Debit Card. You can also make telephone payments by calling toll free 1-866-411-1762. Money can be put on a General Account if you wish to allow your child to purchase extra meal or a la carte items.
- **Advance Payment** – make one payment for a week or more of meals by cash or check. Parents can specify when making payment if they want the money "on account", allowing the child to spend it as they please; or they can limit the number of a la carte items the child is allowed to purchase per day. Any monies not specified are put on general account for the child.

**\*Please Note** – MyPaymentsPlus can be used to track your child's cafeteria account balance and purchases even if you use another method of advance payment.

### **Advantages to making advance payments through the school or MyPaymentsPlus:**

- Teaches your child the importance of managing an account and its balance.
- Increases the speed of the meal line, giving all children more time to consume their food.
- Removes sanitary concerns of children handling money immediately prior to eating.

Note: Information about federal regulations governing the breakfast and lunch programs may be obtained from the School Nutrition Central Services at (276) 638-1159.

## School Nutrition Programs – Middle Schools

The Henry County Schools' Nutrition Programs participate in the federally funded School Breakfast Program (SBP) and National School Lunch Program (NSLP), providing nutritionally balanced, low-cost or free breakfasts and lunches to children each school day. Our programs meet federal nutrition standards, which have been modified to reflect the Institute of Medicine recommendations that have been adopted for the Healthy, Hunger-Free Kids Act.

All of our middle school students now qualify for breakfast and lunch free under the Community Eligibility Program. The School Breakfast Program (SBP) offers a wide variety of healthy foods, and meets the new Healthy, Hunger-Free Kids Act requirements for school year 2016-17. Research has shown that children who eat a healthy breakfast do better in school. They also take in more vitamins and minerals, eat less fat and cholesterol, have less chance of becoming overweight and tend to have better overall health. Breakfast is offered every day school is in session with the exception of days when opening is delayed by two (2) hours. Breakfast is served if there is a one (1) hour delay.

Studies have shown that students who participate in the National School Lunch Program (NSLP) have higher average intakes of essential nutrients, consume meals that are lower in fat and added sugars and contain more variety of food choices than meals brought from home. Middle school students have an increased number of options available where they can choose a healthy meal that meets NSLP standards as an eligible meal. A la carte options have also increased in variety and portion size over elementary. The NSLP eligible meal is still the best deal for the money, offering an entrée with bread, three side items and milk for one low price.

**All students qualify for FREE lunch under the Community Eligibility Program.** Applications do not need to be filled out for middle school students. Menus are available on the Henry County Schools' website and can now be accessed on mobile devices. Nutrition analysis of menu items is an interactive part of the menus on the website.

### **Meal Pricing for 2015-2016:**

Student breakfast – free, regardless of financial status	Adult breakfast - \$2.10
Student lunch, – free, regardless of financial status	Adult lunch - \$3.35
	Extra Milk - \$0.40

### **Parents are provided with several options to make advance payments for their child's extras:**

- **MyPaymentsPlus** – access anytime to make payments online is available with this service. Go to <https://www.MyPaymentsPlus.com/> and enroll your student(s) by following the instructions provided. You will need your child's full Henry County School ID number. The fees for the use of this site are paid by Henry County School Nutrition. Methods of payment: Visa, MasterCard, and Bank Debit Card. You can put money on an account for "Meals Only" or a "General Account"
- **Advance Payment** – make one payment for a week or more of meals by cash or check. Please put your child's name in the "memo" line of any checks. Parents can specify when making payment if they want the money to purchase a set number of meals, with any extra allowed to be spent on a la carte items. You can also choose to put the money "on account", allowing the child to spend it as they please; or you can limit the number of a la carte items the child is allowed to purchase per day; or allow "no extras". Any monies not specified are put on account for the child.

**\*Please Note** – MyPaymentsPlus can be used to track your child's cafeteria account balance/purchase history even if you use another method of advance payment.

### **Advantages to making advance payments through the school or MyPaymentsPlus:**

- Eliminates remembering lunch money every day.
- Teaches your child the importance of managing an account and its balance.
- Removes temptation to spend meal money elsewhere.
- Increases the speed of the meal line, giving all children more time to consume their food.
- Removes sanitary concerns of handling money immediately prior to eating.

Note: Information about federal regulations governing the breakfast and lunch programs may be obtained from School Nutrition Central Services at (276) 638-1159.

## School Nutrition Programs – High Schools

The Henry County Schools' Nutrition Programs participate in the federally funded School Breakfast Program (SBP) and National School Lunch Program (NSLP), providing nutritionally balanced, low-cost or free breakfasts and lunches to students each school day. Our programs meet federal nutrition standards, which have been modified to reflect the Institute of Medicine recommendations that were adopted for the Healthy, Hunger-Free Kids Act.

A universal free breakfast program, called "Fast Break for Success" is offered in all Henry County schools. The School Breakfast Program (SBP) offers a wide variety of healthy foods, and meets the new requirements for School Year 2017. Research has shown that students who eat a healthy breakfast do better in school. They also take in more vitamins and minerals, eat less fat and cholesterol, have less chance of becoming overweight and tend to have better overall health. Breakfast is offered every day school is in session with the exception of days when opening is delayed by two (2) hours. Breakfast *is* served if there is a one (1) hour delay.

Studies have shown that students who participate in the National School Lunch Program (NSLP) have higher average intakes of essential nutrients, consume meals that are lower in fat and added sugars and contain more variety of food choices than meals brought from home. High school students have more meal lines and options available than middle school. A la carte options have also increased in variety over middle school. The NSLP eligible meal is still the best deal for the money, offering an entrée with bread, four side items and milk for one low price.

Students are not permitted to leave school grounds during lunch periods. Parents should not deliver lunch to students at school. All students are required to be in the cafeteria during their assigned lunch block. Students are to report to the cafeteria immediately when the correct bell rings. Restrooms closest to the cafeteria should be used. Linger in the hallways will not be allowed because the excess noise disrupts instruction. Students are to assist with keeping the dining rooms neat at all times. Trays and paper products are to be deposited at the clean-up counter.

**Free and reduced price lunches are available to those who qualify.** Applications and information on qualification are sent home at the beginning of each school year, and are available in the school office all year. Menus are available on the Henry County Schools' website along with nutritional analysis for each menu item.

### **Meal Pricing for 2016-2017:**

Student breakfast – free, regardless of financial status	Adult breakfast - \$2.10
Student lunch, full price - \$2.30	Adult lunch - \$3.35
Student lunch, reduced price - \$0.40	Extra Milk - \$0.40

### **Parents are provided with several options to make advance payments for their child's meals:**

- **MyPaymentsPlus** – access anytime to make payments online is available with this service. Go to <https://www.MyPaymentsPlus.com/> and enroll your student(s) by following the instructions provided. You will need your student's full Henry County School ID number. All fees associated with the use of this site are paid by Henry County School Nutrition. Methods of payment: Visa, MasterCard, Bank Debit Card. Money can be put on a "Meals only" account or on a General Account.
- **Advance Payment** – make one payment for a week or more of meals by cash or check. Please write your student's name in the "memo" line of any checks. Parents can specify when making payment if they want the money to purchase a set number of meals, or "on account", allowing the child to spend it as they please. Any monies not specified are put on account.

**\*Please Note** – MyPaymentsPlus can be used to track your student's cafeteria account balance/purchase history even if you use another method of advance payment. Set up an account for your student as specified above.

### **Advantages to making advance payments through the school or MyPaymentsPlus:**

- Eliminates remembering lunch money every day.
- Teaches your student the importance of managing an account and its balance.
- Removes temptation to spend meal money elsewhere.
- Removes sanitary concerns of handling money immediately prior to eating.

Note: Information about federal regulations governing the breakfast and lunch programs may be obtained from School Nutrition Central Services at (276) 638-1159.