

**School Nutrition - Back-to-School News**

***How healthy are school meals? The answer to that is …very healthy!***

In 2010 the “Healthy Hunger Free Kids Act” was released that applies to the National School Breakfast Program-NSBP and the National School Lunch Program-NSLP

All meals (breakfast and lunch) are based on a meal pattern. Each meal depending on age group must contain a certain number of calories, fat, sodium, fruit, vegetable (dark green, red/orange, beans/pea/legumes, starchy, and other categories, grains, meat/meat alternates (alternates include items such as cheese and yogurts), and fluid milk.

All juice served is 100% fruit juice with no added sugar.

We have plain and flavored milk, 1%, in plastic 8 oz. bottles and we also have fat free. Lactose free is available for children with milk allergies.

All grain products are whole grain rich which means all grains offered need to contain 51% or more whole grain product.

Special Dietary Needs:

You can request a form by calling Kyrstal Leonard, 758-5592 ext. 7101. She will send one home to be completed and signed by a State Licensed Healthcare Professional. She will automatically send forms home for any child that we have in our system as having food allergies.



**Fueling Georgia’s Future**

 **This Institution is and Equal Opportunity Provider.**

***How Do I Pay for Extra Items?***

At this time we won’t be taking up money for extra sales. No Ala Carte sales will be available until further notice. If a child brings lunch and would like milk. Send an envelope marked “milk money”, and enclose 50 cents. If you prefer, your child may receive a meal including milk for free.

Parents/Guardians may access lunch menus at [www.miller.k12.ga.us](http://www.miller.k12.ga.us)

If this is an electronic copy, Cntrl + Click while hovering over above link to be redirected. Choose Departments > School Nutrition > School Menus > Choose Month

*What is a Student Meal?*

Due to Covid Guidelines:

All meals are free due to our participation in Community Eligibility Provision (CEP). Offer vs Serve (OVS) will be a challenge this school year. Students may choose a PB&J sandwich & cheese stick in place of the entrée for the day. After a week or more of getting use to the routine, we plan to offer packaged salads as a choice in place of the regular menu for the day. There will be no Ala Carte sales at this time. All students will receive a complete meal of everything that is on the menu for that day. I have tried my best to menu the most popular food items while adhering to USDA nutrition standards.

We are taking every precaution to make sure everything is sanitized and clean as we always have. Much of our staff is ServSafe Certified and all have been trained in food safety.

\* Breakfast - A variety of bread/grain, fruit/vegetable and milk components.

\* Lunch - Lunch includes a meat/meat alternative, bread/grain, fruit, vegetable and milk.

**Dear Parents/Guardians:**

The Miller County School Nutrition Staff is looking forward to serving your children nutritious meals that support their achievements in school and promote healthy lifestyles. We strive to provide outstanding service and good quality meals that meet Federal & State Requirements.

This school year will be different in regards to Covid-19 but we are committed to doing our best for your children. We will be serving

K-12 School meals, breakfast and lunch, in the classrooms, using

to-go plates. Pre-K meals will be delivered to the Pre-K cafeteria where the children will be seated practicing social distancing.

**Meet our K-12 School Cafeteria Staff:**

Kyrstal Leonard, Lunchroom Manager

Diana Haverty, Assistant Manager Trainee

Jonita Hopson, Vickie King, Hattie Collier, Martina Cooper, Petra Morgan, Phyllis Grant, Mary White, Cindy Coronado & Josephine Peterson, Food Service Assistants

*I am available for questions or concerns and look forward to seeing students on the first day of school!*

*Pam Mock ~ 758-4145 or pmock@miller.k12.ga.us*

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<https://www.facebook.com/Miller-Co-School-Nutrition-Program-107274887285934/>

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