



# School Nutrition News

**SY 2021-2022**

## Dear Parents/Guardians:

Our 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 quality meals that meet Federal & State requirements.

This school year we are happy to be back in the cafeteria and utilizing our serving lines. By doing so we are able to offer more choices and more “home” cooking. We are committed to doing our best for your children. We will be serving K-8 breakfast in the classrooms. Pre-K meals will continue to be delivered to the Pre-K cafeteria.

I am available for questions or concerns and look forward to seeing students back at school!

Pam Mock,  
School Nutrition  
Manager/Supervisor  
Phone: 758-4145 or 758-5592  
Email: [pmock@miller.k12.ga.us](mailto:pmock@miller.k12.ga.us)

## Meet our K-12 School Cafeteria Staff:

Kyrstal Leonard, Lunchroom  
Manager  
Diana Haverty, Assistant Manager  
Trainee  
Jonita Williams, Hattie Collier,  
Martina Cooper, Mary White, Cindy  
Coronado & Josephine Peterson,  
Food Service Assistants

## Student Meals

All meals are no charge to students due to our participation in Community Eligibility Provision (CEP). We are operating under USDA’s Seamless Summer Option through June 2022.

Students may choose a PB&J sandwich & cheese stick in place of a lunch entrée. All students are required to receive a complete breakfast consisting of 3 components: a grain, fruit, and choice of milk. Lunch will consist of 5 components: a grain, meat/meat alternate, vegetable, fruit, and choice of milk. This is a must in order for School Nutrition to claim reimbursable meals and continue to serve students at no charge. Menus will be sent home with all elementary age children and posted in classrooms for middle and high school students.

Monthly menus are posted on our school website: [www.miller.k12.ga.us](http://www.miller.k12.ga.us)

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.

## How May I Pay for Extra Items?

If a child brings lunch and would like milk, please send an envelope marked with your child’s name and “milk money”. Enclose .50 cents daily or \$2.50 weekly

We plan to offer Ala Carte items in the near future. A list of extra food items and cost will be posted in the cafeteria when sales resume. A student must receive a meal in order to purchase an Ala Carte item.

**Fueling Georgia’s Future**

## *How healthy are school meals?*

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

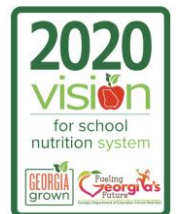
All meals are planned based on a meal pattern by age group. Meals must contain a certain number of calories, fat (no trans fats allowed), sodium, fruit, vegetable (dark green, red/orange, beans/pea/legumes, and starchy, as well as grains, meat/meat alternates (alternates include items such as cheese and yogurts), and fluid milk. All juice served is 100% fruit juice with no added sugar.

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

We have 1% plain, 1% chocolate or strawberry, and fat-free milk choices in plastic 8 oz. bottles. Lactose free is available for students with special dietary needs.

## Special Dietary Needs:

Forms can be found on our school website: [www.miller.k12.ga.us](http://www.miller.k12.ga.us) Departments > School Nutrition > Scroll to Nutrition Forms. You may also request a form by calling Kyrstal Leonard, 758-5592 ext. 7101



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