

JHS SCHOOL NUTRITION FACT SHEET

- ❖ The School Nutrition Program is totally self supporting. The program does not receive any local tax dollars or financial assistance from the school system. The School Nutrition Program is expected to make its own money and pay all of its own expenses including food, equipment, salaries and benefits. Sources of funding for the program include: school breakfast and lunch sales, a la carte food sales, federal funding received each month and state funding received once per year.
- ❖ The School Nutrition Program does sell a la carte items such as cookies, ice cream, bottled water, etc. in the school cafeteria to help supplement income. A student should have money on their account in order to purchase a la carte items.
- ❖ A school lunch contains 5 components which are:
 - Meat/Meat Alternate • Vegetable • Fruit • Grains • Milk
- ❖ A school breakfast contains 4 food items from the following food groups:
 - Milk • Fruit/Juice • Grains • Meat/Meat Alternate is now optional at breakfast.
- ❖ The School Nutrition Program participates in “Offer Versus Serve”. School cafeterias are required to offer all 5 components but students only have to choose 3 of the 5 components for the meal to meet federal requirements and be eligible for reimbursement. Students may take all 5 components if they choose. Previously, students didn’t have to take a fruit or vegetable at all, as long as they took enough other items. Effective with the 2012- 2013 school year students must choose at least one fruit or veggie serving to meet the new mandated USDA Federal Regulations. For breakfast, students must choose at least 3 food items from the items offered for the meal to be considered reimbursable.
- ❖ Parents must reapply for free and reduced price school meal benefits each year. The meal status that a student had at the end of the previous school year will carry over for the first thirty operating days of the new school year. This carry over period allows parents ample time to complete an application for the new school year. A student’s approved meal status covers both breakfast and lunch only. Free & reduced price meals can be applied at any time during the school year.
- ❖ For additional information feel free to call the Office of Food Services and Nutrition at 843-386-3029.