**Frequently Asked Questions-School Nutrition Program**

**Who do I contact if I have a specific question about my child or school?**

You can contact Quitman County Schools nutrition department office; a School Nutrition director or manager will be glad to assist you with any of your questions. You can find School Nutrition contact information on <http://www.quitman.k12.ga.us>.

**When should I contact the state office?**

If you have contacted Quitman county school nutrition department office and they were unable to assist you, we are glad to help you in any way we can at the state office. We do encourage you to first contact Quitman County School Nutrition director, as they may be able to give your more direct and specific information.

**What is the goal of the School Nutrition Program?**

The goal of the program is to provide high quality, nutritious meals to our students at a price that is affordable to all.

**Why is lunch served at school?**

Every student needs lunch during the school day. Many students would receive no meal or a nutritionally poor meal if they had to bring their own lunch. Research has shown that hungry children cannot learn. A child with an empty stomach is lethargic, irritable, and is not able to participate fully in learning experiences. Good nutrition is critical to student achievement.

**Who is in charge of the program at my child’s school?**

The principal is responsible for the program’s operations in each school; the local Board of Education, represented by the Superintendent, makes the ultimate decisions about the program. The program is under the supervision of a state certified nutrition director who supervises and coordinates the general operation of the program. The administrators are governed by the federal and state regulations, as well as policies that the local Board of Education deems necessary.

**How are the lunch menus determined at each school?**

School meals must meet the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual’s calories come from fat and less than 10 percent from saturated fat. Regulations also established a standard for school lunches to provide one0third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories.

**Why is breakfast so important?**

Eating breakfast at school is one of the smartest ways your child can begin the day. Often students simply don't have enough time in the morning to eat breakfast at home and go to class without eating anything at all. A hungry child just cannot concentrate on learning. Research proves breakfast is the most important meal of the day. It breaks the fasting of our bodies while we sleep and gives us fuel for starting a new day. In most studies, children who ate breakfast improved their grades. Teachers observed increased attentiveness, motivation, self- discipline and concentration in students who participate in the School Breakfast program. Studies have found that children who ate breakfast make fewer mistakes and better grades.

**Do I need to submit anything if my child has a food allergy?**

Yes, please fill out the Student Special Dietary Needs Form and return it to the school. Click [here](http://www.quitman.k12.ga.us/Default.asp?PN=DocumentUploads&L=2&DivisionID=5742&DepartmentID=6630&LMID=269278&ToggleSideNav=) to download it.

**Are there meal applications and money needed for meal purchases?**

No, there are not any meal applications that you have to fill out. Quitman County Schools operates under the CEP (Community Eligibility Provision). This means that students can select 1 breakfast and 1 lunch for free each school day. Additional items can be purchased for very reasonable amounts like an extra hamburger or side. No charging is allowed so students can either have money available for that purchase or money can be put on their account for purchasing extra food items.

**Do you still have any unanswered questions?**

 Click [here](http://www.quitman.k12.ga.us/Default.asp?PN=Contact&L=2&DivisionID=5742&DepartmentID=6630&LMID=269277&ToggleSideNav) to ask Quitman County Nutrition Director.