

PURCHASING EXTRA MEAL ITEMS ANNOUNCEMENT: K-5

Clark-Pleasant Community School Corporation | Food Service Department

PRINCIPALS | RNS | STAFF | PARENTS,

After further nutritional review of our program, it has come to our attention that several elementary-level students are purchasing extra entrees, extra sides, etc. Traditionally, at the elementary level, we do not encourage the purchase of extra food items (in addition to what already comes in a reimbursable school lunch meal) for various reasons, but primarily due to the following:

- Our K-5 menus are carefully designed by a registered dietitian to ensure that our students are getting all of their nutritional needs met while dining with us at CPCSC. These nutritional guidelines are set forth by the USDA for children in a K-5th grade age range. A complete meal includes:
 - A 1% unflavored or skim flavored milk carton (8oz)
 - A fruit choice (a variety of fresh fruits, canned fruits, etc.)
 - Up to 2 vegetable choices (hot and fresh veggie options featured daily)
 - A entree of their choosing (4 entree options featured daily) that meets grain and protein requirements

On any given day, a full meal can equate to a maximum of 650 kcals, not to mention a hearty portion of their daily recommended carbohydrates, sodium, and fat intake. If a child were to eat the meal without extras, they would receive proper nutrition without excess. However, when students begin to purchase extras it can push their daily intake outside of the recommended threshold.

Starting Monday, February 19th, our K-5 staff members will begin monitoring lunch trays to ensure they are receiving optimal nutrition, without exceeding the

daily lunch limit. Starches (potato smiles, crinkle cut fries, corn, and mashed potatoes) will be limited to one serving per child, and the purchase of extra entrees, yogurts, and sides will be restricted. (This excludes the purchase of extra milk, which we will still allow children to purchase unless instructed otherwise by the parent.)

We value the health and well-being of our students and we appreciate your understanding on this matter. However, we also understand that medical situations, picky-eaters, and hungry growing athletes come through our lines each day. If you as a parent would still like for your child to be able to purchase extras, please contact the Food Service Office at (317) 535-3105. We will happily place an alert on your child's account allowing them to purchase a la carte items in addition to their daily lunch. Thank you for your continued support of our program.

Best,

CPCSC Food Service

*Did you know that your children
can receive lunch at no cost this
summer?*

May 30th - July 13th, 2018



- Summer Servings provides lunch to all children (ages 18 and younger) at no charge.
- Children do not need to register to participate.
- Children do not need to be enrolled in Clark-Pleasant schools to participate.

Be on the lookout for more information regarding serving sites and lunch times!