

# FOOD FOR THOUGHT

The Newsletter of Page County Public Schools - Department of Nutritional Services



## Computer Upgrades

The Department of Nutritional Services purchased new computers and software to help with the creation of new recipes, assist students in purchasing food, and continue to improve our nutritional information available online to students and families. Students began using the new system to purchase food on November 6, 2019.

One of our most notable changes for families was the change to our system for online meal payments. As noted on our menus and website, we are no longer updating information or accepting payments through MySchoolBucks. All funds that were placed on accounts through MySchoolBucks automatically transferred to the new system. The new online meal payment system is K12PaymentCenter.com. Families can sign-up to get a free account to monitor student purchases, get texts/e-mails when a student balance is low, or transfer money between student accounts at no cost. Those families wishing to make payments by credit can deposit money into multiple accounts (at one time) with a single fee. In order to connect to a student, you will need the Student ID number. If you need help getting the ID, please call the Central Office at 540-743-6533. Families can always add money by cash or check at ANY school (not just the student's school) for free.

Students with allergies were automatically updated in the computer system. However, restrictions on accounts could not be transferred. Please contact the Central Office at 540-743-6533 to update accounts. Our new system will allow the limiting to an amount of money per day/week/month or will allow certain items to be prohibited.

Last month, we also began accepting free/reduced meal applications online. Those families wishing to complete a paper application may still do so, but those with access to the internet may find it easier to complete the application at LunchApplication.com. Families may apply at any time during the school year. Once approved for free/reduced price meals, a student will continue to receive them throughout the school year. For families that were denied, if there is a change in the household income and/or an increase in household size, you may reapply. Please contact the Central Office at 540-743-6533 with any questions or concerns.

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# Meal Requirements and Share Tables



STUDENTS HELPING STUDENTS

A student is required to have a minimum number of items (breakfast) or components (lunch) in order to purchase a meal. Students at the cashier that do not have the minimum requirements will be asked to go back and select the required item(s) or component(s) prior to being checked out.

At **breakfast**, a student **must** select 3 items (entrees count as 2 items) and one item **must** be a 1/2 cup fruit or 4 oz juice. A student may select up to the following: 1 entree, 2 different fruits (one of which can be a 4oz juice), and a milk.

At **lunch**, a student **must** select 3 components and the lunch **must** include at least a 1/2 cup fruit or vegetable. The 5 component choices at lunch are:

- Meat/Meat Alternate (ex. chicken, beef, egg, cheese, yogurt, etc.)
- Grain
- Vegetable
- Fruit
- Milk

Most entree choices are a combination of the meat/meat alternate and grain components. Students at the elementary schools or middle schools may select all five components, up to the following: 1 entree, 3 different vegetables, 1 fruit, and a milk. Students at the high schools may select all five components up to the following: 1 entree, 3 different vegetables, 2 different fruits, and a milk.

Students who pick up items in order to meet the minimum meal requirements that do not want a certain item or students who get to the end of lunch and decide they don't want to eat an item, can share unopened packaged foods or whole fruits with other students that might still be hungry on our Share Tables. There are Share Tables at all 8 schools. Any student may take foods from the Share Table - no questions asked.



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Office of the Assistant Secretary for Civil Rights  
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- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



## Farm to School Week

October 7-11, 2019 was Virginia Farm to School Week. Page County Public Schools participated in the Crunch Heard 'Round the Commonwealth on Wednesday, October 9, 2019. During Farm to School Week, we also featured meatloaf made with local ground beef from Burner's Beef in Luray and local sweet potatoes from Survivor Farm in Luray.

Here is a bit of information about both farms:

Burner's Beef was founded in 2017 by Jared and Holly Burner who reside in Luray, Virginia. Jared, who is a third generation farmer has a passion for educating others on the importance of the farming industry. He takes pride in providing a quality product to the consumer and our beef is raised on grass and grain-fed. Their beef is antibiotic and hormone free and dry-aged for a minimum of twenty-one days prior to being processed.

Survivor Farm is located near Lake Arrowhead in Luray, Virginia and is operated by Darrell and Vickie Hulver. Darrell learned about growing Sweet Potatoes from his mother. Sweet Potatoes are highly nutritious and are excellent eaten raw as a "finger food". The farm also grows Blackberries, Raspberries, Asparagus and Tomatoes which are marketed locally.

We hope to expand our use of local foods in our cafeterias in the coming year.