

## **Wilcox County Child Nutrition Program**

It is the policy of the Wilcox County Board of Education to make available to all students nutritious, well-balanced meals at an affordable price. The Wilcox County Board of Education Child Nutrition Program participates in the National School Breakfast, Lunch and At-Risk Supper Program that operates under federal nutrition guidelines, as mandated by the National School Act of 1946 and the Child Nutrition Act of 1966 and its revision of 2004. Both breakfast and lunch are available every day at each school. The At-Risk Supper Program is available at Wilcox Central High School. Menus are based on the Dietary Guidelines for Americans and meet all federal and state regulations in regards to calories and nutritional needs. Our goal is to serve these meals to students, faculty and staff in a friendly and positive atmosphere, while maintaining the financial soundness of the program.

During the 2018-2019 School Year, the Wilcox County School District will participate in the Community Eligibility Provision (CEP) on all campuses under the United States Department of Agriculture Community Eligibility Amendment of the National School Lunch and Breakfast Programs. By choosing this option, meals will be served to all students enrolled in our schools at no charge regardless of their eligibility. Students are also eligible for one reimbursable supper meal at no charge.

The Child Nutrition Program plays an integral part in the quality and excellence of a student's educational experience. Research has shown that there is a crucial relationship between nutrition and health, and nutrition and learning. Experts also agree that most food preferences and dietary habits are formed during childhood. The Wilcox County Child Nutrition Program is committed to taking advantage of the opportunity during a child's developmental years to promote and influence healthy food choices through school meals. If you have any questions concerning any aspect of the Child Nutrition Program, please contact the lunchroom manager at your school or contact the Assistant Child Nutrition Director at 334-682-4716, Extension 6632 or send an email to [dwashington@wilcox.k12.al.us](mailto:dwashington@wilcox.k12.al.us).

## **USDA Nondiscrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

## MEAL PRICES FOR SCHOOL YEAR 2018-2019

Breakfast		Lunch	
Regular Students	\$0. <sup>00</sup> (CEP)	Regular Students	\$0. <sup>00</sup> (CEP)
Visiting Students	\$2. <sup>50</sup>	Visiting Students	\$3. <sup>75</sup>
Visiting Adults	\$3. <sup>00</sup>	Visiting Adults	\$4. <sup>00</sup>
Board Employees	\$2. <sup>50</sup>	Board Employees	\$3. <sup>75</sup>
Student 2 <sup>nd</sup> Meal	\$2. <sup>50</sup>	Student 2 <sup>nd</sup> Meal	\$3. <sup>75</sup>

### MEAL INFORMATION

#### THE SCHOOL DAY JUST GOT HEALTHIER

New standards for school meals were implemented July 1, 2012, which resulted in healthier meals for students across the nation. These new meal requirements are a key component of the *Healthy, Hunger-Free Kids Act*, which was championed by First Lady Michelle Obama as a part of her *Let's Move!* Campaign and signed into law by President Obama. New meal standards include fat-free and 1% milk choices, increased offerings of fruits and vegetables, more whole grains, "right" sized-aged appropriate portions, and less sodium in our meals.

The legislation requires meal prices to be in line with federal subsidies for students who receive Free and Reduced Price Meals. All school districts are required to gradually increase their meal prices. Our children are worth this financial investment.

#### MEAL CHARGES

According to the Wilcox County Board of Education's Policy EEA, the Board maintains that the Wilcox County Public School System shall provide eligible children free or reduced-priced lunches in accordance with National School Lunch Program Guidelines. When a child transfers from one school to another, the transferring principal shall report eligibility status to the receiving principal, upon request.

Only food service employees paid 100% from Child Nutrition Funds and involved in the preparation of the food are eligible for free meals. All other board employees and visitors, regardless of age, shall be required to pay the established adult price for their meal.

#### ADULT MEAL GUIDELINES

Federal regulations stipulate subsidized meals served under the National School Lunch, Breakfast and Snack Programs are to be served to children. Due to the use of federal subsidies, adults may not consume any part of meals served to children. Adult meals are not subsidized by the National School Lunch, Breakfast or After School Snack program funds; therefore the following guidelines must be observed:

1. Adult meals must be purchased at the prices approved by the Board
  - a. Adult Meals are calculated using the USDA formula for non-pricing programs:

Federal reimbursement for Free Student Lunch	\$ 3.31	(SY17-18)
+Per meal value of USDA commodity assistance	\$ 0.2325	(SY17-18)

<b>Minimum amount for adult meal</b>	<b>\$ 3.5425</b>	<b>(SY18-19)</b>
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2. In accordance to federal guidelines and regulations, all adults will be served the same portion as secondary students.

a. Extra items taken by adults must be charged at “a la carte” prices.

### **OFFER VS. SERVE**

The Wilcox County School System participates in the Offer vs. Serve program for both breakfast and lunch. Breakfast consists of Grains (with optional meat/meat alternate substitution allowed), Fruit/Vegetable and Milk. Each morning four components will be offered. Students must take at least 3 of the 4 components including 1/2 cup fruit or vegetable *plus* at least 2 of the other components. Lunch consists of Meat/Meat Alternate, Vegetables, Fruits, Grains and Milk. All five components will be offered each day. Students must take at least 3 of the 5 components including 1/2 cup fruit or vegetable *plus* at least 2 of the other components.

### **Outside Foods Consumed in the Cafeteria**

Sack lunches prepared at home, pre-packaged meals or purchased fast foods, and the accompanying beverages consumed in the cafeteria should be packaged in unlabeled, non-glass containers. These food items are not to be shared with other students at school. While requiring unlabeled containers does not keep students and parents from bringing unhealthy foods or beverages for school meals, it does restrict their appearance so that other students would not be able to identify the commercial food. This too will assist in not compromising the nutritional guidelines and promote student health.

## **CARBONATED BEVERAGES OR FAST FOOD IN ORIGINAL CONTAINERS**

### **Are Not Allowed in the Lunchroom**

This rule applies to Students, Visitors, and Employees.

### **Smart Snacks in Schools**

### **USDA’s “All Foods Sold in Schools” Standards**

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today’s school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.