

SCHOOL NUTRITION POLICIES: SCHOOL YEAR 2018-2019

The Long Beach School District participates in National School Lunch Program and School Breakfast Program, which **are governed by federal and state guidelines for meals.**

Each student meal provides 1/3 of the daily nutritional requirement for students for a particular age group and is a very good value. The minimum serving portions are regulated by the federal guidelines and the minimum daily meal pattern is to include a meat or meat alternate, 2 servings of vegetable or fruit, bread, and milk. According to nutritional standards, we serve whole grains, fresh fruits and vegetables daily, which are all Mississippi grown, when available. We do not offer fried foods and serve a variety of flavors of fat-free milk.

Students may purchase extra sale items only after a tray has been purchased. They may purchase extra meals, entrees, fruits and vegetables, milk, ice cream or snack items. All snack items sold are approved from the Office of Healthy Schools. **A student who brings lunch from home is only allowed to purchase milk, ice cream, or water.**

COSTS OF MEALS

Student Lunch	\$2.75	Student Breakfast	\$1.50
Reduced Lunch	\$.40	Reduced Breakfast	\$.30
Adult Lunch Cost	\$3.25	Adult Breakfast	\$1.85
Guest Lunch	\$3.50	Guest Breakfast	\$2.00
Extra Lunch	\$2.85	Extra Breakfast	\$1.85

The School Nutrition Office does not send out statements nor offer a payment plan for meals. Meals must be paid for at the time of service. The School Nutrition Office maintains the myschoolbucks.com website that offers a way for parents to charge meals to their credit or debit cards and monitor the child's meal account which can include a notice of a low balance to the e-mail account. All parents are requested to create an account on this website, which is their resource for all account information. It is set up one time and follows the child from year to year. Please adhere to this district policy so that you will not be called during the day to bring money or a meal for your child.

Checks and cash in payment for meals need to be sent in a sealed envelope with the child's name, date and amount enclosed.

APPLYING FOR FREE OR REDUCED MEALS

All applications for free or reduced meals are submitted on-line at the LBSD website, www.lbsdk12.com, click on Nutrition and then meal applications. Follow all prompts through the myschoolapps.com and submit your application. You will be notified by letter or e-mail of the results of your application. The site is not available until **July 1, 2018** for the 2018-2019 school year.

There are no paper applications for the Long Beach School District and no paper applications can be accepted from another district.

- If your child is still registered in the district at the close of the 2017-2018 school year, your child will eat according to their meal status at the end of the year for the first 30 days of school. HOWEVER, a new application must be received and processed in the office of School Nutrition by the expiration date of **September 14, 2018**, or your child will be dropped from the program and will revert to full pay meal status.

There are no exceptions. This is a federal program and no benefits can be given to a child until the application is processed. A new application must be filled out every year within the district where the child is a student. If you are moving from another district and applied at that district, you must **re-apply** in this district as none of this information is transferred.

If you do not have access to the internet, you may use the computers available at the local public library or call the School Nutrition office at 228-864-1337 or 228-863-3092 for assistance.

Parents must send money with their child for meals or a meal until their application for free meals has been approved by this district's school nutrition office.