



# NEW HANOVER COUNTY SCHOOLS SCHOOL NUTRITION SERVICES 2019-2020

1802 S. 15th Street, Wilmington, NC 28401

[www.nhcs.net](http://www.nhcs.net)

Phone: 910-254-4212

## IMPORTANT NEWS – CHANGES TO FREE/ REDUCED MEAL APPLICATIONS AND SITES

Community Eligibility Provision (CEP) allows schools to offer nutritious meals at no cost to all students through the National School Lunch and School Breakfast Programs.

The following schools are identified as eligible:

Alderman Elementary	Lake Forest Academy
Blair Elementary	Mary C. Williams Elementary
Bradley Creek Elementary	Murrayville Elementary
Career Readiness Academy at Mosley	NHHS
Castle Hayne Elementary	Pine Valley Elementary
College Park Elementary	Rachel Freeman Elementary
College Road Early Childhood Center (CRECC)	SEA TECH
Forest Hills Global Elementary	Snipes Academy
Freeman	Sunset Park Elementary
The International School at Gregory	Trask Middle
Holly Shelter Middle	WECH
Howe Pre-K Center	Williston Middle
JC Roe Center	Winter Park Elementary
Johnson Pre-K Center	Wrightsboro Elementary

If your child attends one of the above mentioned schools, you do not have to complete a free/reduced meals application nor will one be sent home with your child. If your child transfers to another school, not mentioned above, you will need to complete an application. Applications are available at each school as well as on our website [www.nhcs.net/nutrition](http://www.nhcs.net/nutrition)

## STUDENT CAFETERIA ACCOUNTS

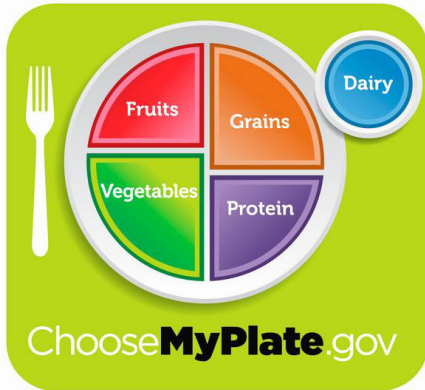
All students who do not qualify for Free/Reduced Meals are expected to pay for school meals at the time purchase. Pre-paid meal plans are encouraged. Students may purchase a la carte items (milk, ice cream, etc.) at individual prices, if they do not have an outstanding charge balance on their account.

Automatic calls will be sent to the homes of students who owe money to the cafeteria. If you receive a call, please send the amount due to your child's school to the cafeteria manager. For more information, please visit our website at [www.nhcs.net/nutrition](http://www.nhcs.net/nutrition). Thank you for the opportunity to serve your child.

Thank You,  
Imer S. Smith, RD, LDN, Director of Child Nutrition

## 2019-2020 MEAL PRICES

Students	Breakfast		Lunch	
	Reduced	Paid	Reduced	Paid
Elementary	\$ .00	\$ 1.35	\$ .40	\$ 2.55
Middle	\$ .00	\$ 1.35	\$ .40	\$ 2.55
High	\$ .00	\$ 1.35	\$ .40	\$ 2.60
Pre-K	\$ .00	\$ 1.35	\$ .40	\$ 2.55
Adults	a la carte price		a la carte price	



## NHCS Meals ARE a Healthy Choice

- 1) Meals must meet all Dietary Guidelines for Americans, North Carolina, Federal Regulations and State Board of Education Policy on Nutrition Standards.
- 2) Meals will contain the following when averaged over the week:
  - a. Less than 35% of calories from fat.
  - b. Less than 10% of calories from saturated fat.
  - c. No trans fats and sodium levels must meet USDA guidelines.
- 3) Food preparation must be limited to baking, roasting, broiling, boiling and steaming.
- 4) Two fruits/100% fruit juice will be offered daily at breakfast. A fruit must be selected with each complete breakfast meal.
- 5) Legumes will be offered at least one time per week.
- 6) Flavored skim milk and unflavored 1% or skim milk are available at breakfast and lunch.

One should eat to live, not live to eat"

~ Benjamin Franklin

## SPECIAL DIETARY NEEDS

Special dietary needs are available for children who are handicapped or chronically ill with medical conditions that cause them to need food modifications or substitutions. Children with special dietary needs can participate in the school breakfast and lunch program. Requests must be accompanied by a complete diet order form signed by issuing doctor. Please contact your school nurse or call 254-4296 for further assistance. Forms are available at: [www.nhcs.net/nutrition](http://www.nhcs.net/nutrition).

## NHCS Participates in Federal Programs Subsidized by the USDA

National School Breakfast Program

National School Lunch Program

Free and Reduced Price Meal Program

**Applications are available at each school and should be completed each school year. If you were free or reduced in the 2018-2019 school year, your benefits expire 30 days into the new school year.**

**Once an application is processed - the 30 day grace period expires and the new eligibility begins. Do not delay...send your application in quickly for faster processing. All charges accumulated before being approved will be paid by household.**

Community Eligibility Provision (CEP)

Summer Food Service Program (SFSP)

After School/Daycare Feeding Program

USDA Food Distribution Program

Fresh Fruit & Vegetable Program

## Non-Discrimination 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, disability, age, 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, audiotope, 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: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), 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.

Full Name  
Street Address (No PO Box)  
Home Phone # (w/ Area Code)  
Secondary Phone # (w/ Area Code)  
Driver's License # (w/ State)

If your check is dishonored by the bank, a service fee will be assessed in accordance to state law and federal guidelines. In providing a check as payment, you authorize electronic representation if your check should return unpaid. Also, you authorize service charges and processing fees, as determined by law, to be debited (at our option) from the same account via paper draft of electronic funds transfer.

## On-Line Payments

The Child Nutrition Department would like to introduce K12PaymentCenter.com to our customers. K12PaymentCenter.com is a third party vendor offering an alternative method for school meal account management.

- You get quick and easy access to your child's meal account 24 hours a day, 7 days a week. \*
- \* You can obtain your student's ID# by contacting the school they attend.
- The ability to pay for multiple children's accounts with one single payment.
- Accepts Visa, MasterCard, American Express and Discover cards.
- The ability to look-up your child's account balance any time.
- The ability to see 45 calendar days of purchases and payments.
- Automated notification, via e-mail, when your child's account balance falls below an amount you have set.

Go to <http://www.nhcs.net/nutrition> for more information.



***"Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally and socially."***

~National Association of State Boards of Education