



School Nutrition Services

School Year 2015-2016

Visit our website for more information:

www.pickenscounty schools.org

To contact us, call:
706-253-1700



School Nutrition Services is focused on increasing the selection of fruits and vegetables for students. We proudly participate in the Georgia Grown campaign developed by the Georgia Dept. of Agriculture. Each month we feature a Georgia grown fresh fruit or vegetable at all of our schools. We also serve poultry and dairy products produced in Georgia.

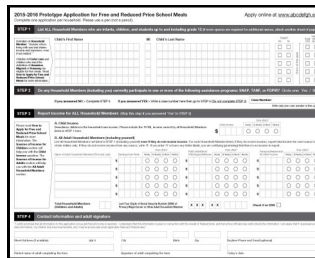
Pickens County School District's School Nutrition Services is your award-winning Child Nutrition Program. View breakfast, lunch and after-school snack menus on our website.

Free & Reduced Family Meal Applications

Please only send ONE application per family.

Applications are sent home on the first day of school and, as requested, during the school year.

If you receive a letter from the School Nutrition Office in July stating you are already qualified for the 2015-2016 school year—**do not** send another application. If you need to add students to your family application, please call (706) 253-1700 ext. 319 or 322.



Please remember that if your child qualified for free or reduced-price meals last school year, a NEW application must be submitted and approved by September 14, 2015 to continue eligibility for this school year.

****Parent(s)/Guardian(s) are responsible for paying any charges made on the student meal account for meals served before approval for free or reduced-price meals. ****

Meal Payments

We encourage families to pay for all meals and extra sales in advance by the week or month. This saves time at the cash register and allows more time for the students to enjoy their meal. You may send any amount of money at any time.

At the elementary level, please include the student's name, grade and student ID number on all payments.

Checks should be made out to your school café. For example: "Jasper ES Café" for students who attend Jasper ES.

All money received by the School Nutrition Program will be entered into your student's meal account. No change will be returned to the students on checks received.

All balances will be rolled over to the next school year unless a refund is requested.



MEAL PRICES FOR SCHOOL YEAR 2015-2016

Student Breakfast	All Levels	Reduced
	\$ 1.25	\$0.30

Adults & Guests: \$1.50 per breakfast

Student Lunch	Elementary	Middle	High	Reduced
	\$1.85	\$2.10	\$2.10	\$0.40

Visitors: \$3.50 Teachers & Staff: \$3.00

"USDA is an equal opportunity provider and employer."

Healthy Eating

Build a healthy plate.

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories.

Try some of these options.

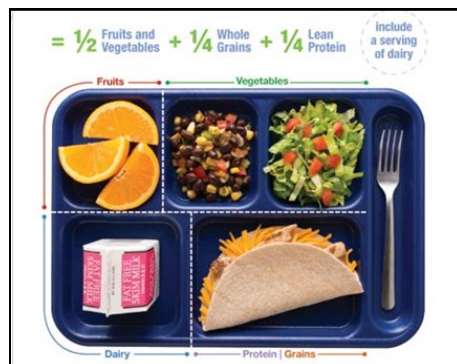
- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least 1/2 your grains whole grains.
- Vary your protein food choices.

Cut back on foods high in solid fats, added sugars, and salt.

Eat the right amount of calories for you.

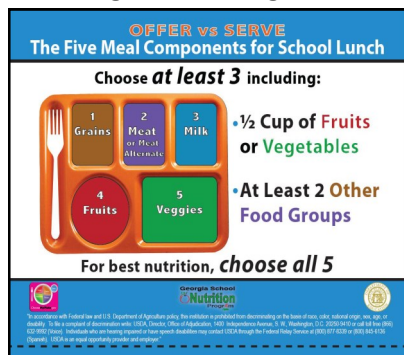
Be physically active.

Note to parents: What you eat and drink and your level of physical activity are important for your own health, and also for your children's health. You are your children's most important role model. You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks.



What does a Student Meal Include?

- Students choose at least 3 Meal Components
- 1 component must be a 1/2 cup serving of fruit or vegetable



One Great Plate At School!

Daily offerings feature several choices from

5 Meal Components: Meat/ Meat Alternate, Grain, Fruit, Vegetable, and Milk

All Entrée options on the menu contain both the Meat/Meat Alternate and Grain components.

Menus

School breakfast and lunch menus are available in multiple locations:

- Online at www.pickenscountyschools.org
- Sent directly to your email in-box (visit the School Nutrition Menu Page and click on "Going Green Menu" icon to sign-up).



Extras, Extras!

All students will be offered the option to purchase extras. At the elementary level, if you would like to limit your child's ability to buy extras please send a note to the café manager at your school.

No extra items will be sold to students who have a negative account balance.

Charges will not be allowed during the last two weeks of school.

Charge Policy

The allowable charge limit for all students is \$10.00. All charges should be paid back immediately. A la carte purchases cannot be charged and will not be allowed if your child owes a charge.

If your child exceeds the charge limit, he/she will be provided an alternate meal for lunch. No alternate meal will be provided for breakfast.

All charges must be paid in full by the end of each grading period before report cards will be released.

Food Allergies

Please contact your school nurse and cafeteria manager if your child has a food allergy. A written statement from a medical professional must be submitted to the school nurse for food substitutions to be considered.

School	Manager	Phone #
Harmony ES	Gail Jones	706-253-1847
Hill City ES	Glenda Bryant	706-253-1889
Jasper ES	Brenda Smith	706-253-1737
Tate ES	Gina Pyles	706-253-1861
JMS	Joyce LaSalle	706-253-1768
PCMS	Joan Goss	706-253-1837
PHS	Andrea Wood	706-253-1805

We look forward to serving meals to your child(ren) this year.

If you have any questions, please contact your School Café Manager.