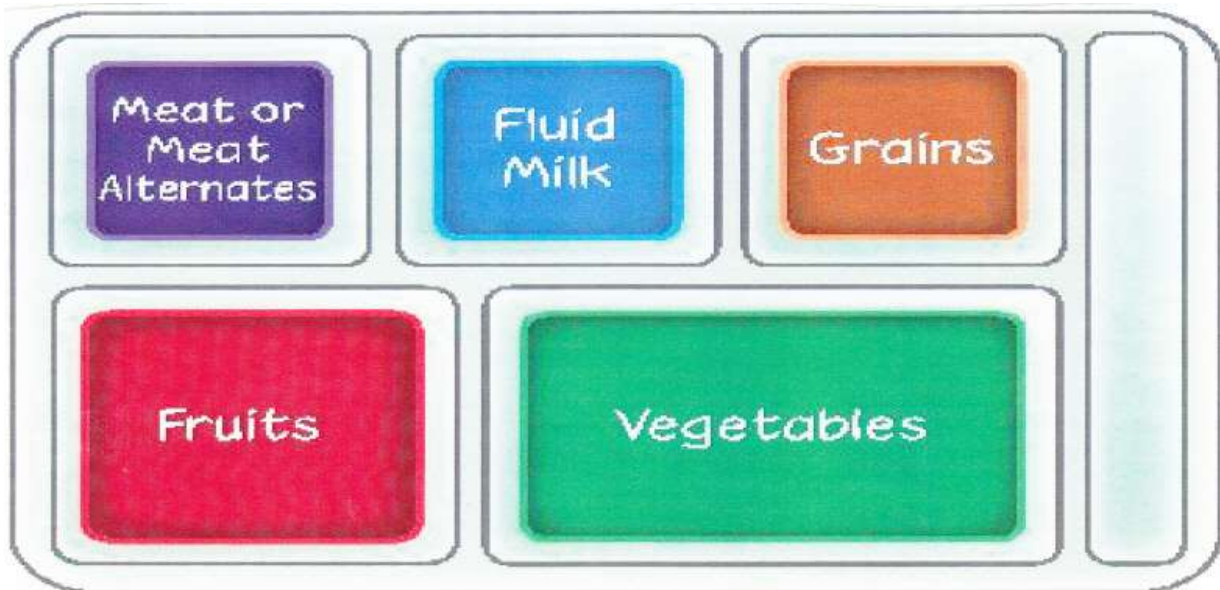




# Parent Handbook for the School Meal Programs Columbus City Schools



## **Food Services Mission Statement**

Working together to provide meals that nourish and stimulate the mind and body of every student to enhance learning in a global community.

## **Food Services Contacts**

Joe Brown, Director 614-365-5769

Secretary 614-365-5671

Jeannine Marcum, Dietitian 614-365-5318

Mailing/Physical Address:

450 East Fulton Street

Columbus, Ohio 43215

Columbus City Schools provides a free breakfast and lunch to each student during a school day under the Community Eligibility Provision of the United States Department of Agriculture (USDA).



Check with your school for exact serving times. Our school meals follow the National School Breakfast and Lunch Programs.

Meals, snacks, and beverages sold or served at our schools meet state and federal requirements which are based on the USDA Dietary Guidelines.

For monthly school menus, check online at our Food Services webpage on the Columbus City Schools website.

## **What is Included in a Free Breakfast or Lunch?**

- A school breakfast must include a minimum of three food items (one item **MUST** be a fruit).
- A school lunch must include a minimum of three food components (food groups). A fruit or vegetable **MUST** be selected.

If a complete meal is **NOT** selected, a student will be charged a la carte pricing. Students may pay for a la carte items in addition to their meal.

For a full listing of a la carte food prices visit our webpage.



Our school menus are planned so that a meal meets:

- about 1/4 of the Recommended Dietary Allowances at breakfast and
  - 1/3 of this allowance at lunch.

Food Services serves USDA foods and purchased food products.

### **School Menu Restrictions Currently in Place:**

- Seafood and pork are not offered.

Schools with grades Pre-K through 6 and grades K-8

- Nut products are not offered also.

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### How are Elementary School Meals Produced?

- Most menu items are prepared at the Food Service Production Center and delivered to the schools, where they are heated.
- Salad bars are offered at each elementary school.
- Fresh milk is delivered directly to the schools from the dairy supplier.
- At lunch, students are offered two hot and one cold entrée daily, along with milk and unlimited fruits and vegetables.

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### How are Secondary Meals Produced?

- Menu items are delivered to the schools.
- Meals are prepared in the cafeteria.
- Fresh milk is delivered directly to the schools from the dairy supplier.
- Students are offered three hot and one or two cold entrées daily.
- All meals include milk and unlimited fruits and vegetables.



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### How Much Do Students Meals Cost?

- ✓ All breakfast and lunch meals are served at no cost to the students.
- ✓ Students may have the opportunity to purchase a second meal or healthy snack during meal times.
- ✓ Students who receive complete meals have unlimited access to fruits and vegetables during meal time.
- ✓ Packers may purchase milk for 50 cents.

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### Where can I find more information on School Meals?

- ✓ Visit the Columbus City Schools Food Service web page: [CCSOH.us](http://CCSOH.us) → then click on Food Services/Menu.
- ✓ Share your comments using the online survey available at [CCSOH.us](http://CCSOH.us).
- ✓ Contact Food Services at 614.365.5671.

## **Food Allergies**

The school nurse notifies the cafeteria of a student with food allergies/intolerances. A copy of the healthcare provider's medical statement for the student is kept on file in the Food Services department.

A written statement from a health care professional is requested to receive a milk substitute at lunch.

Please contact the school nurse if your child has any food allergies or special needs.

This institution is an equal opportunity provider.