



Monroe County Schools Nutrition Program

Frequently Asked Questions: (FAQ's)

How are the menus developed at Monroe County Schools?

Menus are planned based on student testing and acceptability of a variety of popular food items based on current trends, but most importantly only those items that are student approved and meet the Dietary Guidelines for Americans 2010 and the New Menu Meal Pattern are placed on the menu.

What is the New Menu Meal Pattern?

- Ensuring students are offered both fruits and vegetables every day of the week;
- Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size; and
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

Why is breakfast so important?

Research proves breakfast is the most important meal of the day. It breaks the fasting of our bodies while we sleep and gives us fuel for starting a new day. In most studies, children who eat breakfast improved their grades. Teachers observed increased attentiveness, motivation, self-discipline and concentration in students who participate in the School Breakfast Program. Studies have found that children who eat breakfast make fewer mistakes and make better grades. Also, skipping meals can start poor eating habits which may lead to a risk of obesity.

How big are the servings for meals?

- Meat/Meat Alternate: Minimum 2 ounce serving
- Grains: Minimum 2 ounce serving
- Vegetables/Fruits: Vegetables and fruits are served in ½ cup servings- Minimum 1 cup offered daily
- Milk: 8 ounce serving

What is Offer vs. Serve?

Offer vs. Serve (OVS) allows students to decline a certain number of food items in the meal. The goal of OVS is to empower students with the option of declining foods they do not intend to eat to minimize plate waste and encourage schools to offer more food choices.

What is in a school breakfast?

The components for a reimbursable breakfast are 2 meats or 2 breads (or one of each), 1 milk, 1 fruit/vegetable.

What is in a school lunch?

The components for a reimbursable lunch are 1 meat, 1 grain, 1 milk, 1 fruit or 1 vegetable or a serving of both a fruit and a vegetable.

What is a meal component?

Meat, Grain, Milk, Fruit, and Vegetable

What is a reimbursable meal?

A meal that contains 3-4 components for breakfast is 2 meats or 2 grains (or one of each), 1 milk, 1 fruit/vegetable and a meal that contains 3-5 components for lunch is 1 meat, 1 grain, 1 milk, 1 fruit or 1 vegetable or a serving of both.

What is the cost if a student takes fewer than 3 components?

Students who take fewer than the required components will be charged a la carte prices for the individual items since the meal cannot be reimbursed on the National School Lunch Program or the National School Breakfast Program.

How should we handle cash payments?

When paying with cash, put cash in a sealed envelope with your child's first and last name on it. Also, please write the teacher's name and grade on the outside of the envelope. Include the student's PIN number if known.

Can I pay for my child's meal using a credit card?

Yes. Visit our online payment provider MySchoolBucks at www.myschoolbucks.com and create an account. You will then be able to add money to your student's account, schedule automatic payments, or get notification when the account balance is low.

What if my child forgets money?

See "Charge Policy" link in the General Information on right sidebar.

How do I get a free and reduced application?

Your student(s) will receive an application at the beginning of the school year, but you may submit an application at any time during the year. You can, also, pick up an application at your student's school or apply online at www.school lunchapp.com.

Do I need to fill out an application every year?

Yes, you need to fill out one application every year per family. This is a federal requirement.

Where do I send my completed application?

Please have your student give the completed application to the Nutrition Manager at the school or you can send it through U.S. Mail to School Nutrition Program, 25 Brooklyn Avenue, Forsyth, GA 31029.

Why does it take so long for my Free and Reduced Application to be approved?

At the beginning of the year, applications may take up to 10 days to be processed because of the high volume of applications received. If your child received free or reduced meals at the end of the previous school year, he/she will remain in that status temporarily for 30 days in the new school year. **A new application is required and will be reviewed to determine if your household qualifies for free and reduced meals.**

What is HACCP?

HACCP stands for Hazardous Analysis Critical Control Point.

"Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) amended section 9 (h) of the Richard B. Russell National School Lunch Act by requiring school food authorities (SFA's) to implement a food safety program for the preparation and service of school meals served to children in the school year beginning July 1, 2005. The program must be based on Hazard Analysis and Critical Control Point (HACCP) principles and conform to guidance issued by the Department of Agriculture

(USDA). All SFAs must have a fully implemented food safety program that complies with HACCP principles or with this optional guidance no later than the end of the 2005-2006 School Year."

Food safety is monitored at all steps of food preparation.

What is Trans fat?

Trans fat, also called trans fatty acids (TFA), is formed when hydrogen is added to a vegetable oil to make a more solid fat like shortening or margarine. This process is called hydrogenation, and it is used to increase the shelf life and maintain the flavor and texture of foods. Trans fats behave like saturated fats by raising the "bad" cholesterol, low-density lipoprotein (LDL) that may increase your risk of coronary heart disease (CHD), a leading cause of death in the United States. Monroe County Schools Nutrition Services menu planning team works very hard to eliminate trans fats from the products we choose to place on the menus we serve.

Do you still have any unanswered questions?

Please contact Monroe County Schools Nutrition Services at 478-992-5609 with your questions.



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