

ATTENTION STUDENTS AND PARENTS

Rhea County Schools are pleased to announce that we will provide breakfast and lunch to all students at **NO COST** again during the 2016-17 School Year. Meals at no cost are possible because of the Healthy, Hunger Free Kids Act of 2010. Each school cafeteria provides a healthy breakfast and lunch each day and we hope you will take advantage of this rare but incredible opportunity.

The breakfast meal consists of a choice of the following components each day:

Grain, Grain or Meat, Fruit and/or Juice, Milk

Students must select at least 3 items from the four components for breakfast and one item must be ½ cup fruit or juice.

The lunch meal consists of a choice of the following components each day:

Meat/Meat Alternate, Vegetable, Fruit or Juice, Grain, Milk

Students must select at least 3 items from the five components for lunch and at least 1 item must be ½ cup of fruit or ½ cup vegetable. The required number of items must be selected for breakfast and lunch or students will be charged a la carte prices for each individual item. And remember even if your child brings a lunch from home and wants to purchase an entrée, for example a slice of pizza or chicken nuggets, have them pick up 2 other items (such as fruit and milk) and there will be no charge.

In addition to healthy meals students will also have the opportunity to purchase a variety of snacks and beverages that comply with the "Smart Snacks Sold in Schools" regulation. Please note that snack items, beverages, and extra items that are part of the meal must be purchased and no charges will be allowed. Students have the option of paying for snacks as they come thru the serving line or paying in advance by depositing money into a general account. Parents also have the option to pay for snacks on-line. For more detailed information please visit www.schoolcafe.com. No money will be collected in the homerooms so parents are encouraged to pay in advance or on-line. This also avoids students needing to keep up with cash on a daily basis. All students will be issued a 5 digit PIN and will be required to enter this number when they receive a meal or purchase snacks. Checks will only be accepted with a valid phone number and there is a \$30.00 returned check fee in addition to any fees your bank may charge. Please see additional handout or August menu for detailed information on our returned check policy.

The Rhea County School system is concerned about the health and wellness of our students. As part of our approved wellness plan please look for tips for healthy lifestyles on our monthly menu or on the web at www.rheacounty.org. Also if you would like the opportunity to participate in the development, implementation or periodic review of the Rhea County School Wellness policy please notify Sally Lane at 775-7814 or lanes@rheacounty.org or Christy Hennessee at 365-9306 or hennessee@rheacounty.org. Should your child need a special diet prescribed by a licensed medical physician, please contact the office of School Nutrition as soon as possible at 775-7814.

We are excited to be able to participate in the Community Eligibility Provision program. Please encourage your children to eat with us.

We look forward to serving you this school year!

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