



## ATTENTION STUDENTS AND PARENTS



The Rhea County School Nutrition Program is pleased to announce that breakfast and lunch will be provided to all students at **NO COST** once again for the 2018-19 school year. Meals provided at no cost are possible because of the Community Eligibility Provision. Please take advantage of this incredible opportunity for your child to eat a healthy breakfast and lunch each and every day.

The breakfast meal consists of a choice of the following Items daily:

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

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

The lunch meal consists of a choice of the following components daily:

### **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 a hamburger, 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, 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](http://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 personal identification number (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. Please view the complete Rhea County Wellness Policy, Procedures, and Assessment on the web at [www.rheacounty.org](http://www.rheacounty.org). You may also find tips for healthy life styles on our menu and school website. 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](mailto:lanes@rheacounty.org) or Christy Hennessee at 365-9306 or [hennesseec@rheacounty.org](mailto:hennesseec@rheacounty.org). Should your child need a special diet, particularly one prescribed by a licensed medical authority, 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 once again. This is evaluated each year. It is very important for all of our students to participate by eating breakfast and lunch in the cafeteria in order for this program to continue in future years. Please encourage your children to eat with us. We serve a variety of healthy foods to fuel hungry minds.

**We look forward to serving you this school year!**

