



SCHOOL MEAL PROGRAMS FOR THE 2013-2014 SCHOOL YEAR



SCHOOL FOOD SERVICE



Important Benefit Information Enclosed

Message From The Director



Steven G. Bonino
Director - School Food Service

Here in Palm Beach County, the School Food Service Department has a vision: **"Kids First, the Best School Food Service Department in the Country"**. A bold statement, don't you think? This simple yet demanding vision provides us with a very clear direction, one that requires each of our 1100 dedicated food service staff members to perform at their highest potential so that your children may do the same.

This informational brochure has been developed **for you** so that we may share our vision **with you**. Additionally, it contains important program highlights and benefit information to answer any questions you may have specific to our programs.

Thank you for taking the time to learn about our services. It is my hope the information provided in this brochure will be convenient and helpful. For additional assistance please call: 561-383-2000.

Sincerely,

Steven G. Bonino



Mission Statement

School Food Service

To provide a variety of appealing and nutritious meals with the purpose of supporting student performance in a safe and effective manner

Community Resources

For information on local community food assistance programs or other helpful services dial **2-1-1**.



Get Florida KidCare today!

Give your child a head start this school year. Make sure health insurance is on your back-to-school checklist. Children with health insurance miss fewer days of school. Applying for Florida KidCare is easy. Any family can apply; many pay \$20 or less per month to insure their children. Most pay nothing at all.

To set up an appointment for personal application assistance, please contact:

**Megan Usow, Florida KidCare Project Coordinator
(561) 351-4572**

Megan.Usow@palmbeachschools.org

Find out more information or to apply online visit:
www.floridakidcare.org

If you complete the application online, when it asks, "How did you hear about Florida KidCare?" Click "other" and enter **PBCS**.



Florida KidCare Call Center: 1 (888) 540-5437
TTY: 1 (877) 316-8748



FREE & *Reduced* *Lunch* **BENEFITS**

Did you know your children may qualify for Free or Reduced Priced School Meals?

APPLY ONLINE NOW!

www.palmbeachschools.org/sfs

To ensure your application is processed by the first day of school, complete the online application by August 9, 2013. You will receive written notification of eligibility by mail within 10 business days.

GOOD NEWS!

*****ATTENTION – Direct Certified Students*****

If you received a letter in July 2013 notifying you that your children are “Directly Certified” in the mail from School Food Service, your child has been automatically approved for free breakfast and lunch meals for the entire school year. IN THIS CASE YOU DO NOT HAVE TO COMPLETE A FREE AND REDUCED PRICE MEAL APPLICATION.

Questions? Contact us at 1-888-383-2025

The Bridges Community Centers funded by the Children's Services Council are available for public use to assist with community services to include completing Free & Reduced Price Meal Online Applications

Bridges at Belle Glade

816 W. Canal Street S
Belle Glade, FL 33430
Inger Cheeves
561-899-1646

Bridges at Lake Worth

1712 S. Dixie Highway 1st
Lake Worth, FL 33460
Carmelle Marcelin-Chapman
561-899-1642

Bridges at Boynton Beach

223 NE 12th Ave.
Boynton Beach, FL 33435
Kemberly Bush
561-732-2377 x 270

Bridges at Lake Worth West

4730 Main St.
Lake Worth, FL 33461
Carol Clinton
561-649-9600

Bridges at Highland

500 Highland Ave.
Lake Worth, FL 33460
Miriam Maldonado
561-899-1652

Bridges at Northwood

4111 N. Terrace Drive (Portable 9)
West Palm Beach, FL 33407
Charles Wilson
561-840-3106

Bridges at Lake Park

300 10th Street
Lake Park, FL 33403
Rick Petty
561-881-5060 X 222

Bridges at Pahokee

170 S. Barfield Hwy. Suite 102
Pahokee, FL 33476
Cornisha Dukes-Chisholm
561-692-1456

Bridges at Riviera Beach at J.A.Y.

2831 Avenue S.
Riviera Beach, FL 33404
Terri Ferguston
561-899-1645 x 4201

Bridges of West Palm Beach

811 9th Street
West Palm Beach, FL 33401
Hallie Balbeunna
561-804-6754

FREE Breakfast

POWER UP YOUR DAY WITH A HEALTHY SCHOOL BREAKFAST!

The School Food Service Department ensures each child is ready to start their day by having a nutritious breakfast available at all schools. Meals are designed to provide optimal nutrition, aligning with the recommendations of the Dietary Guidelines for Americans.



- More than half of the grains offered with breakfast are whole grain rich which provide students with a variety of nutrients such as iron, B vitamins, and fiber.
- A variety of fresh and cupped fruit choices are available (cupped fruits are packaged in natural juices or light syrup).
- All milk and dairy products are fat-free or low-fat and provide an excellent source of calcium, vitamin D, and potassium. *Secondary Schools offer flavored milk at breakfast.*
- Calories for a complete meal do not exceed 30% from total fat or 10% from saturated fat. In addition, trans fats have been removed from all products offered.

Free Breakfast is offered to all students enrolled in The School District of Palm Beach County, Florida

What makes a **Free** breakfast meal?

The School Breakfast Program offers students the opportunity to create a meal from a variety of food groups. The food groups offered for breakfast are:

Grains

Protein

Fruit

Milk

In order to receive a **FREE** breakfast, children must select three or four of the above food groups. At least one of the choices selected must be from the **fruit group**.

POWER UP with a variety of *Breakfast* items such as:

- Assorted Cereals
- Breakfast Sandwiches
- Eggs and Omelets
- French Toast
- Pancakes
- Yogurt



POWER UP *school*
THE BREAKFAST





Lunch

The School Food Service Department in Palm Beach County offers students the opportunity to select nutritious meals every day for lunch. The United States Department of Agriculture (USDA) establishes the guidelines for all Child Nutrition Programs.

Our department ensures that the meals offered and served meet or exceed the criteria and are designed to provide students with proper nutrition specific to their age. Palm Beach County meals will continue to meet the following guidelines:

- Calories from total fat will not exceed **30%**
- Calories from saturated fat will not exceed **10%**
- Items will not contain trans fat
- Offer a variety of fresh fruit and cupped fruit (containing only natural juices or light syrup)
- Offer a variety of vegetables and salad options to include locally grown produce
- Offer a variety of low-fat and fat-free milk choices
 - Fat-free unflavored
 - Low-fat unflavored (**1%**)
 - Fat-free chocolate
- Offer a variety of whole wheat and whole grain bread choices
 - Over **75%** of the grain products offered are whole grain rich
- Offer **100%** fruit juice which is fortified with calcium and vitamin D
- Every effort is made to exclude food items that contain artificial flavorings, dyes, and monosodium glutamate (**MSG**)



What Makes a Lunch Meal?

Through the offer versus serve guidelines, The National School Lunch Program offers students the opportunity to create a meal from a variety of food groups. The food groups include:



Students may select three, four, or all five of the above food groups to complete their meal. At least one of these choices must be from the fruit or vegetable group. All of the above items are included in one low meal price of **\$1.85*** for elementary school students and **\$2.10*** for middle and high school students; **\$1.40** for students receiving reduced meal benefits.

*Prices are subject to change.

Special Dietary Needs

Annually School Food Service reviews the ingredients of each food item offered in the cafeterias to identify potential allergens and/or intolerances.

Information regarding food allergies, carbohydrate counts, and meal preferences is available on the Special Dietary Needs page on the School Food Service website:

www.palmbeachschools.org/sfs/SpecialDietaryNeeds_000.asp

Instant Account Access

Make Lunch *Easier* With Prepayments

Deposit money on your child's meal account through the online prepayment system at: www.palmbeachschools.org/sfs. Cash and checks are also accepted at the school's cafeteria.

What Did Your Child Eat Today?

Visit our website at: www.palmbeachschools.org/sfs to obtain a history of your child's meal selections.





Healthy A La Carte

The School Food Service Department has items available for students and staff to purchase a la carte. All items are analyzed nutritionally and determined acceptable per school level. A la carte selections include items offered as part of the breakfast or lunch menus, as well as a healthy variety of snacks and beverages.



Lunch Entrées

Chicken, Macaroni and Cheese, Hamburger/Cheeseburger, Hot Dog, Corndog, Turkey Burger, Pizza, Muffin & Yogurt Platters, Burritos, Tacos, Meatloaf	\$2.00
Pasta Dishes, Oriental Express, and Sub Sandwiches	\$2.25
Yogurt Parfaits and Specialty Entrée Salads	\$3.00

Side Dishes

Fresh Fruit, Cupped Fruit, Salad Cup, Hot Vegetable, Plain Pasta, Bread Stick, Cornbread	\$0.50
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We continue to make strides to align our beverage and snack a la carte items to the recommendations of the Healthier US School Challenge (HUSC) and the Alliance for a Healthier Generation (AHG). For more information on these recommended guidelines visit our website:

www.palmbeachschools.org/sfs

Beverages

100% Fruit Juice (4 oz.)	\$0.50
Low Fat/Fat Free Milk (8 oz.)	\$0.60
Bottled Water (8 oz.)	\$0.75
Bottled Water (16.9 oz.)	\$1.00
Sports Drink (12 oz.)	\$1.25
Vegetable/Fruit Drink (8 oz.)	\$1.75

Snacks

Whole Grain Cookie	\$0.25
Baked and Reduced Fat Chips	\$0.50
Yogurt (4 oz.)	\$0.75
Assorted Cereal Bars	\$0.75
Low Fat Ice Cream & Italian Ice	\$0.75
Protein Bars	\$1.25

A la carte choices may vary by school. Products and Prices are subject to change. Please refer to the School Food Service website for a complete list of items and current prices.



Bringing Fresh Farm Products to Students

Many may not realize, but Palm Beach County is one of the richest agricultural communities east of Mississippi. In addition, Florida's growing season aligns with the academic school year, lending to successful collaborations between local farmers and school food service departments to purchase and serve fresh produce.

Palm Beach County first introduced sweet corn cobbettes and green beans from one of our local farmers in 2008. Since then we have added a variety of items including: squash, zucchini, strawberries, oranges, grape tomatoes, carrots, and mini sweet peppers.

Some of the unique aspects Farm to School programs offer are serving healthier meals in school cafeterias, improving student nutrition, and the potential for nutrition education experiences. In addition, purchasing locally grown produce supports the local agricultural economy and is a more environmentally friendly practice.

Wellness

P R O M O T I O N T A S K F O R C E

The School District of Palm Beach County, Florida

The School District of Palm Beach County's **Wellness Promotion Task Force** would like to cordially invite parents to their meetings which are held at the **Fulton-Holland Educational Services Center** in the **Main Board Room**.

Mission: *The Wellness Promotion Policy (2.035)* creates a forum to educate the District and community partners to successfully collaborate in promoting healthier lives. With the District's ultimate goal of **improving student performance**, the direction of the *Wellness Promotion Task Force Committee* is to encourage a proactive approach to holistically address the health, wellness, and safety for all school children and staff, parents, and the community.

For more comprehensive information on the District's wellness journey, please view the most current Wellness Promotion Policy (WPP) Annual Report at the following link:

www.2012wellnessannualreport.com

(Previous WPP Annual Reports are in the "United Resources" tab under "Archives")



The **Wellness Promotion Task Force** meetings for the 2013-2014 school year are as follows:

- Wednesday, October 16, 2013 -- (8:30 a.m. - 10:30 a.m.)
- Thursday, December 5, 2013 -- (2:30 p.m. - 5:30 p.m.)
3rd Annual "**Wellness Celebration**"
- Wednesday, February 5, 2014 -- (8:30 a.m. - 10:30 a.m.)
- Wednesday, April 9, 2014 -- (8:30 a.m. - 10:30 a.m.)
- Thursday, May 15, 2014 -- (3:00 p.m. - 5:30 p.m.)

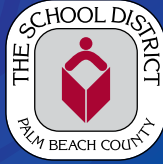
If you are interested in attending any of these meetings please **RSVP** prior to each meeting date to the following email:

wellness@palmbeachschools.org

Fulton-Holland Educational Services Center
3300 Forest Hill Boulevard, West Palm Beach, Florida 33406



REACH FOR EXCELLENCE



Important Benefit Information Enclosed

THE PALM BEACH COUNTY SCHOOL BOARD

Chuck Shaw, Chairman

Debra Robinson, M.D., Vice Chairman

Marcia Andrews

Frank A. Barbieri, Jr., Esq.

Karen M. Brill

Jennifer Prior Brown, Esq.

Mike Murgio

E. Wayne Gent
Superintendent

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PERMIT NO. 5

SCHOOL FOOD SERVICE
3661 INTERSTATE PARK ROAD N., SUITE 100
RIVIERA BEACH FL 33404

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The School District of Palm Beach County prohibits discrimination against students, employees, and applicants on the basis of religion, race, ethnicity, national origin, color, sex, marital status, age, parental status and disability in any of its programs, services or activities.