



# 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](mailto:Megan.Usow@palmbeachschools.org)**

Find out more information or to apply online visit:  
**[www.floridakidcare.org](http://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](http://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 Pahoee**

170 S. Barfield Hwy. Suite 102  
Pahoee, FL 33476  
Cornesha 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 where breakfast is provided by the Palm Beach County School Food Service Department.



## 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

Fruits

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 or Omelets
- French Toast
- Pancakes
- Yogurt







# 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 school 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; **\$0.40** 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](http://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](http://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](http://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 HealthierUS School Challenge (HUSSC) and the Alliance for a Healthier Generation (AHG). For more information on these recommended guidelines visit our website:

[www.palmbeachschools.org/sfs](http://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](http://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](mailto:wellness@palmbeachschools.org)

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





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

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E. Wayne Gent  
Superintendent

THE SCHOOL DISTRICT OF PALM BEACH COUNTY  
SCHOOL FOOD SERVICE  
3661 INTERSTATE PARK ROAD N., SUITE 100  
RIVIERA BEACH, FL 33404

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## REACH FOR EXCELLENCE



Important Benefit Information Enclosed

## NON-DISCRIMINATION STATEMENT

Non-Discrimination Statement: In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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.