

SCHOOL MEAL PROGRAMS FOR THE 2015-2016 SCHOOL YEAR



Kids First
Providing *FOOD* For Thought!

Important Benefit Information Enclosed



FREE & *Reduced* *Lunch* BENEFITS

Did you know your children may qualify for free or reduced-price school meals?

To ensure your application is processed by the first day of school, complete the online application by **August 10, 2015**.

You will receive written notification of eligibility by mail after 10 business days.

APPLY ONLINE NOW!

palmbeachschools.org/sfs

Additional Benefits

By checking the box in Section 6 of the application, we will be able to share your child's meal status with other School District departments and programs for possible scholarships, field trips, and fee waivers.

GOOD NEWS!

ATTENTION – Direct Certified Students

If you receive SNAP (EBT), you most likely do not have to complete an application for school meals in order to qualify. Did you receive a letter in July 2015 for each child in your household notifying you that they are "directly certified"? If so your children have been automatically approved for free lunch meals for the entire school year and **YOU DO NOT HAVE TO COMPLETE AN APPLICATION.**

Questions or need assistance? Contact us at **1-888-383-2025**.

SFS *Mission Statement*

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

Message From The SFS Director



Allison Monbleau
Director - School Food Service

We in School Food Service hope that this school year is full of wonderful experiences for you and your family. School Food Service is here to support your child's need in regard to breakfast and lunch. Our vision, "Kids First, the Best School Food Service Department in the Country" has the support of over 1,100 dedicated employees who are here to assist in making your child's meal experience positive and nourishing. Inside the pages of this booklet you will find information on the services we offer to include: where to access our menu and nutritional facts, what components make up a meal, which a la carte offerings are available, how to apply for meal benefits, and much more. If you visit our cafeterias you will see our friendly staff wearing uniforms with the words "Kids First...Providing Food For Thought." We have pride in the fact that our meals provide the fuel to allow students to remain focused and attentive throughout their day; helping them achieve their potential. We hope that you find the information in this booklet informative and helpful. If you have any questions please contact us at 561-383-2000 or reach out to your School Food Service Manager at your child's school.

Sincerely,

Allison Monbleau





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.

- All grains offered with breakfast are whole grain rich providing 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.

POWER-UP
WITH *school*
Breakfast it's Free

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:

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

Free Breakfast is offered to ALL students enrolled where breakfast is provided by the Palm Beach County School Food Service Department.



STAY CHARGED WITH LUNCH

school



The School Food Service Department in Palm Beach County offers students the opportunity to select nutritious meals every day for lunch. We ensure that the meals offered and served meet or exceed the criteria established by the United States Department of Agriculture (USDA) and are designed to provide students with proper nutrition specific to their age. Nutritional integrity has always been a priority and we will continue to meet the guidelines set forth in the *Healthy, Hunger Free Kids Act*.

Federal standards require school meals to meet the following criteria:

- Calories from total fat will not exceed **30%**.
- Calories from saturated fat will not exceed **10%**.
- Items will not contain trans fat.
- A variety of vegetables and fruits are offered.
- A variety of low-fat and fat-free milk choices are available.
- All grains offered are whole grain rich.

For additional assistance please call: **561-383-2000**

Here are a few examples of how Palm Beach County continues to exceed established federal standards:

- Each day students are offered a variety of vegetable choices to include salad selections.
- Locally grown produce is served at least once a week through our robust Farm to School Program.
- Fresh fruit and cupped fruit (in natural juices or light syrup) selections are offered daily.
- All juice options are 100% fruit juice fortified with calcium and vitamin D with no artificial coloring or flavoring added.
- A vegetarian entrée is offered daily at all levels.
- All items are either baked, steamed or broiled—no frying in any schools.
- Every effort is made to exclude food items that contain artificial flavorings, high fructose corn syrup (HFCS), dyes, and monosodium glutamate (MSG).

Parents and students are encouraged to utilize Nutrislice, the Department's web-based menus program. This online system provides the user with menus specific to the selected school site and also important information about each item that is being offered including photos, descriptions, nutritional information and allergen information. A new feature being released this year allows the user to plan a meal and see the combined nutrient values along with nutrition education. Users can view menus by visiting the School Food Service website or by downloading the free "School Lunch" iPhone or Android app.



What Makes a Complete Lunch?

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 **\$2.05*** for elementary school students and **\$2.30*** for middle and high school students; **\$0.40** for students receiving a reduced-price meal.



Special Dietary Needs

Each year, School Food Service reviews the ingredients of each food item offered in the cafeterias to identify potential allergens and/or intolerances. Allergy and other special dietary needs information, such as carbohydrate counts and meal preferences, is available on the School Food Service website under Menu & Nutrition.

For questions regarding meal accommodations, please email sfsnutrition@palmbeachschools.org

Instant Account Access

at: www.palmbeachschools.org/sfs.

Make Lunch *Easier*

Deposit money into your child's meal account through the online prepayment system and get a history of your child's meal purchases. Cash and checks are also accepted at the school's cafeteria.

New This Year - your child's pin number is available through the online prepayment system.

For additional assistance please call: **561-383-2000**

*Prices are subject to change.





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, Turkey Burger, Pizza, Muffin & Yogurt Platters, Burritos, Tacos, Meatloaf Corndog, Pasta Dishes, Hot Dog, 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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The United States Department of Agriculture (USDA) released nutrition standards for snack foods and beverages sold to children at school during the school day. The new Smart Snacks in School guidelines were implemented on July 1, 2014. The School Food Service Department must ensure that all foods and beverages sold a la carte through the school cafeterias will align with these standards.

For more information visit our website:
www.palmbeachschools.org/sfs/smart-snacks.asp

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.)	\$1.50

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

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.



Farm To School

Bringing Farm Fresh Products to Students

Palm Beach County is one of the richest agricultural communities east of the Mississippi River and our growing season aligns with the academic school year. This creates an excellent opportunity to provide our students with a flourishing Farm to School Program. The practice of sourcing locally grown produce for use in school meals supports our initiatives to improve the nutritional integrity of school meals, increase student consumption of fruits and vegetables, provide opportunities for students to learn about the local agricultural community and to support our local and regional farmers.

Our Farm to School program offers a wide variety of fruits and vegetables including corn cobbettes, squash, zucchini, green beans, carrots, oranges, tangerines, strawberries, mini sweet peppers, tomatoes, cucumbers, bell peppers and cabbage. Some products are so popular, even in the off season, students are asking for them.

Local farmers are excited for the opportunity to positively affect the health of children and the Child Nutrition Programs are a fantastic avenue to make that connection. Through wonderful partnerships with R.C. Hatton Farms, Pero Family Farms, Sysco Southeast Florida, LLC, Localecopia, Erneston & Sons, Inc., and The Produce Connection, we are able to provide students with Farm to School produce, support the local agricultural economy, and implement more environmentally friendly practices.

Farm Fresh



Did you know...the School Food Service Department served over **60,000** portions of **strawberries** during the week prior to Valentine's Day?

For additional assistance please call: **561-383-2000**

Summer

Food Service Program



For the past 17 years, The School District of Palm Beach County has offered the Summer Food Service Program to all children aged 18 years old and younger. Last year we provided breakfast and lunch in over 110 sites to children at no cost. Our department follows strict nutritional guidelines to offer tasty and well-balanced breakfast and lunch meals.

School Food Service will announce selected sites participating in the Summer Food Service Program to all households in the spring just before the close of the school year. At that time, parents will be provided the information needed to locate programs near their community.

To learn more about the Summer Food Service Program visit the Food Service website:

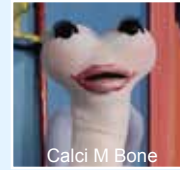
www.palmbeachschools.org/sfs/summer.asp



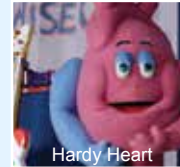
Sausage & Cheese Breakfast Twist

For additional assistance please call: 561-383-2000

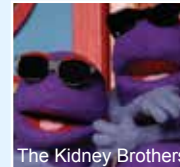
THE ORGANWISE GUYS



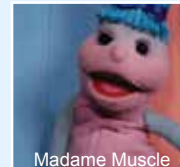
Calci M Bone



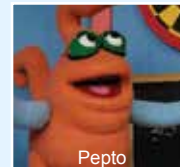
Hardy Heart



The Kidney Brothers



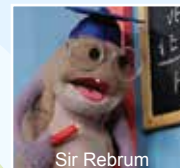
Madame Muscle



Pepto



Peri Stolic



Sir Rebrum



Windy the Lungs

The OrganWise Guys (OWG) program is a school-based intervention that uses fun characters who strive to teach children how to be healthy and smart from the inside out. The School Food Service Department is excited to offer this program at all elementary schools. Each school cafeteria displays colorful and educational OrganWise Guys Foods of the Month posters, the staff wear fun buttons, and laminated cards and window clings adorn the serving lines.

In addition to the cafeteria marketing, many elementary school managers have organized events in their schools to promote the OWG program and ultimately teach the students about developing healthy eating habits. Some of the events include age-appropriate assemblies, classroom lessons, cooking demonstrations, taste testing, and participating in health fairs. These fun and educational nutrition lessons are a great avenue for the students to learn more about the ten characters, the organs they represent, and how to keep their organs healthy for a lifetime.

To learn more about The OrganWise Guys Program, visit the School Food Service website: www.palmbeachschools.org/sfs/organwise.asp

**"We love who we live in,
so please take care of us." - OWG**



Free and Reduced Income Eligibility Guidelines

Use the income chart below to see if you qualify for the free or reduced price meal program.
Effective July 1, 2015 to June 30, 2016
REDUCED PRICE MEAL SCALE - (185%)

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	21,775	1,815	908	838	419
2	29,471	2,456	1,228	1,134	567
3	37,167	3,098	1,549	1,430	715
4	44,863	3,739	1,870	1,726	863
5	52,559	4,380	2,190	2,022	1,011
6	60,255	5,022	2,411	2,318	1,159
7	67,951	5,663	2,832	2,614	1,307
8	75,647	6,304	3,152	2,910	1,455
For each additional family member, add	+ 7,696	+ 642	+ 321	+ 296	+ 148

- For faster processing, apply online at palmbeachschools.org/sfs. You can apply from a computer, tablet or smart phone! Paper applications are also available upon request from your child's school.

- If your child is approved for meal benefits, they will carry on from the date of approval through the rest of this school year. You can request a paper application from your child's school.

- Please note that an application cannot be approved unless it contains complete eligibility information. If you believe the child for whom you are applying is homeless or a runaway, call 561-434-8852. If you believe the child for whom you are applying is a migrant, call 561-202-0356 for status confirmation. Homeless, runaway, and migrant children do not require an application. Foster children will receive free benefits regardless of the child's personal income or the income of the household where they reside and may be included as a member of the foster family if the foster family chooses to also apply for benefits. If the foster family is not eligible for free or reduced-price meals, it does not prevent a foster child from receiving free meal benefits.

- Free meal benefits will be extended to all children in a household when the application lists a SNAP/TANF case number. Households with children who are members of currently certified SNAP/ households may submit applications for these children with abbreviated information.

- Your eligibility may be checked at any time during the school year. School officials may ask you to send records pertaining to information submitted on the application.

- You may apply for benefits at any time during the school year. If you are not eligible now, but your income decreases, you lose your job, your family size increases or you become eligible for SNAP, FDPIR or TANF benefits, you may submit another application.

- If you currently receive Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Head Start/Even Start, SNAP, FDPIR, or TANF your enrolled child(ren) may be eligible for free meals.

- If you do not agree with the District's decision regarding your application or the result of verification, you may discuss it with School Food Service. You also have the right to a fair hearing. This can be done by writing or calling: Chief Operating Officer, 3340 Forest Hill Blvd.; West Palm Beach, Florida 33405-5813, (561) 434-8510.

- Please note that your children's eligibility from the previous year will continue for up to 30 operating days in the new school year. However, unless the household is notified that your children are directly certified or the household submits an application that is approved, the children must pay full price for school meals. The school will not send a reminder or a notice of expired eligibility when the carry-over period ends. Use the income chart to see if you qualify for the free or reduced price meal program.

- Only the last four digits of the social security number of the adult member signing the application is needed, if the person has a number. Required by federal law 42 U.S.C. 1751 et seq. and federal regulations 7 C.F.R. 245.2 and 245.3 and Fla. Stat. § 119.071(5)(a)6

- Privatized military housing allowance is excluded from income eligibility determinations. For the purpose of determining household size, deployed service members are considered a part of the household. Families should include the names of the deployed service members on their application. Report only that portion of the deployed service member's income made available to them or on their behalf to the family. The determining official would count the service member as part of the household in establishing a child's eligibility for free and reduced price meals.





Let our staff of dedicated professionals work for **YOU!**

To determine your child's transportation eligibility and bus stop location contact our Customer Service Call Center at 561-242-6565.

We are here to serve you Monday - Friday starting at 6:00 a.m. every school day.

Our goal is to provide you an effective, efficient, and positive experience. All questions, concerns, requests, and/or suggestions are welcomed by our trained professionals.

Kids First
Together We Deliver Success

The Department of Recruitment and Retention

How Can You Fit In?

The Department of Recruitment and Retention invites you to explore the benefits of working for the largest employer in Palm Beach County with over **22,000** employees supporting the education of our more than **180,000** students.

Look for career opportunities on our website at www.palmbeachschools.org/jobs



The Department of Afterschool Programming

The Department of Afterschool Programming operates afterschool programs in **96** elementary schools and delivers high quality out-of-school-time experiences for **19,000+** students. These students receive nutritious snacks daily. Additionally, many of our after school programs offer summer camps that participate in the summer feeding program.

Please Call Us at: **561-687-6387**

Visit our website at:

www.palmbeachschools.org/afterschoolprogramming



ENERGIZE...FEEL THE POWER OF WELLNESS!

Wellness **Starts with YOU!**

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

Our Mission:

To create an educational forum that allows District and community partners to successfully collaborate in the promotion of healthier lives. With the District's ultimate goal of improving student performance, the direction of the Wellness Promotion Task Force is to encourage a proactive approach to holistically address the health, wellness, and safety of all school children, staff, parents, and the community.

For more comprehensive information on the District's wellness journey, go to: www.palmbeachschools.org/sfs/Wellness.asp



The Wellness Promotion Task Force meetings for the 2015-2016 school year are as follows:

Wednesday, October 14, 2015
(8:30 a.m. - 10:30 a.m.)

Thursday, December 3, 2015
(3:00 p.m. - 5:00 p.m.)

Wednesday, February 3, 2016
(8:30 a.m. - 10:30 a.m.)

Wednesday, April 6, 2016
(8:30 a.m. - 10:30 a.m.)

Thursday, May 12, 2016
(3:00 p.m. - 5:00 p.m.)

Meetings are subject to change.

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

If you are interested in attending any of these meetings, please **RSVP** prior to each meeting date to the following email:
wellness@palmbeachschools.org




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

Community Resources

Need help with financing care for your children?

Early Learning Coalition of Palm Beach County is the agency administering subsidized child care funds. In order to apply for subsidized child care, visit the Early Learning Coalition of Palm Beach County office located at 2300 High Ridge Road, Suite 115, Boynton Beach, FL 33426, visit online at www.elcpalmbeach.org/, or call **561-214-8000** for more information.

Volunteer and Business Partner Opportunities

The School District has over **39,000** volunteers and **1,300** business partners supporting our students and schools.

To learn more about our Volunteer opportunities go to:
palmbeachschools.org/pao/Volunteers/index.asp

For Business Partners go to:
palmbeachschools.org/pao/Volunteers/index.asp

Follow the District on Facebook and Twitter:

To learn more about the Palm Beach School District, visit palmbeachschools.org or follow us on Facebook and Twitter @PBCSD.



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



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 South
Belle Glade, FL 33430
561-992-8210

Bridges at Boynton Beach

223 NE 12th Avenue
Boynton Beach, FL 33435
561-736-1111

Bridges at Highland

Located at Highland Elementary
500 Highland Avenue
Lake Worth, FL 33460
561-899-1652

Bridges at Lake Park

1411 10th St.
Lake Park, FL 33403
561-881-5060

Bridges at J.A.Y. Ministries

2831 Avenue S.
Riviera Beach, FL 33404
561-899-1644

Bridges at Lake Worth

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

Bridges at Lake Worth West

4730 Maine Street
Lake Worth, FL 33461
561-649-9600

Bridges at Northwood

Located at Northmore Elementary
4111 N. Terrace Drive (Portable 9)
West Palm Beach, FL 33407
561-840-3106

Bridges at Pahokee

170 S. Barfield Highway, Suite 102
Pahokee, FL 33476
561-924-9224

Bridges of West Palm Beach

811 9th Street Units A & B
West Palm Beach, FL 33401
561-804-6754



*School Food Service
would like to offer a warm
welcome to
Robert M. Avossa, Ed.D.,
our new Superintendent.*

THE PALM BEACH COUNTY SCHOOL BOARD
SHOWN BELOW LEFT TO RIGHT

Chuck Shaw, Chairman

Frank A. Barbieri, Jr., Esq., Vice Chairman

Marcia Andrews

Debra Robinson, M.D.

Karen M. Brill

Erica Whitfield

Mike Murgio



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

NON-PROFIT ORG.
US POSTAGE
PAID
WEST PALM BCH FL.
PERMIT NO. 3087



Important Benefit and Transportation Information Enclosed

NON-DISCRIMINATION STATEMENT

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer.