

## Food and Nutrition Services

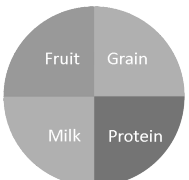
**Building a Healthier Student Body** is the mission of the Food and Nutrition Services department, **The Nutrition Zone**. Daily we offer breakfast and lunch, vending snacks and beverages, as well as an after school “super snack” at select locations. For more information, please visit our department website at [www.pascoschoolsfn.org](http://www.pascoschoolsfn.org).

**Food and Nutrition Services Program Regulations** - School food service programs are regulated and federally funded by USDA, requiring us to serve meals that are age-appropriate and meet established nutrition guidelines. Food & Nutrition Services has several Registered Dietitians on staff to ensure all meals meet the appropriate guidelines. All students that qualify for free/reduced price lunch also qualify for free/reduced price breakfast.

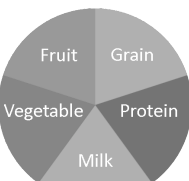
**What Makes a Meal?**

**Breakfast** - Breakfast is available daily in all Pasco County schools. The breakfast meal pattern offers students three (3) choice categories. Students may select three (3) different items with only one from each choice category; an entrée choice, a fruit choice, and a milk choice. For a complete breakfast, students must select a **minimum of two (2)** different menu items from different choice categories; one of which **MUST** be a fruit choice. In order to receive a breakfast at the established meal price, a student must select a complete breakfast. Several Pasco schools offer **FREE BREAKFAST for ALL STUDENTS**. Please visit our department website to see if your child’s school participates in the free breakfast program.

**Lunch** - At lunch, the menu choices are categorized into five (5) components: fruit, vegetable, grain, protein and milk. In order to receive a lunch at the established meal price a student must select a **minimum of three (3)** different components, one of which **MUST** be a fruit or vegetable. Students may select an item from each component. Additional fruits and/or vegetables may be included with the meal. For grade specific requirements please visit our department website.

		<b>Breakfast Meal Prices for the 2017-2018 School Year</b>			
		In order to receive a breakfast at the established meal price a student must select a minimum of two (2) different menu items; one of which must be a fruit choice.			
		Free	Reduced	Paid	
Elementary		No Cost	\$.30	\$1.35	
Middle/High		No Cost	\$.30	\$1.50	

		<b>Lunch Meal Prices for the 2017-2018 School Year</b>			
		In order to receive a lunch at the established meal price a student must select a minimum of three (3) different components, one of which must be a fruit or vegetable.			
		Free	Reduced	Paid	
Elementary		No Cost	\$.40	\$2.50	
Middle		No Cost	\$.40	<b>Tier 1</b>	<b>Tier 2</b>
				\$2.60	\$3.00
High		No Cost	\$.40	<b>Tier 1</b>	<b>Tier 2</b>
				\$2.60	\$3.25

**Menu Selections and Nutrition Information**

- In Pasco County our menu selections are student approved! Prior to developing our menus we host taste test samplings throughout the county and compile student feedback. We offer daily entrée salads, sandwiches, and hot entrees; low-fat milk choices; 100% fruit juices; hot vegetables; canned fruits packed in juice; and fresh fruits and vegetables. We offer locally grown produce when available. Our menu selections are low-fat or low-calorie, reduced sodium, and made with whole-grain products as well as cooked using low-fat cooking methods. Menus can be found by visiting <http://schools.mealviewer.com/district/pascocounty> or by downloading the MealViewer mobile app. You can read descriptions of menu items, allergens, carbohydrate counts, and nutrients.

**Free and Reduced-Price Meal Applications and Student Account Status** - Last year’s free or reduced-price meal status will expire on **September 25, 2017**. A new family application must be submitted at the beginning of **EACH** school year. Applications will be available starting July 15, 2017 and can be completed online at [www.pascoschoolmeals.com](http://www.pascoschoolmeals.com). All applications, including those based on Food Stamps, TANF and Foster Child status must be approved by the district office before meals are provided at free or reduced prices. For more information, please contact the Finance Team at 813-794-2281.

UNTIL your application is processed and you receive notification of eligibility from the district office, you will need to provide your child(ren) with either money to purchase school meals at the listed meal price or send a meal from home.

**Online Prepayment System** - Prepayments to your child’s lunch account can be made throughout the school year with cash, check, or debit/credit card by utilizing the online service at [www.myschoolbucks.com](http://www.myschoolbucks.com). This SERVICE is easy to use, convenient, private, and secure. To utilize this service, there is a \$1.75 per transaction fee. Prepayments can also be made in the cafeteria by credit/debit card. A minimum purchase of \$3.00 is required when using a debit or credit card. If you pay with a check, please include your child’s student ID number and phone number.

**Grace Period/Charge Policy** - We recommend parents utilize our online prepayment system ([www.myschoolbucks.com](http://www.myschoolbucks.com)) to ensure funds are always available in your child’s lunch account. To help parents with the busy day-to-day tasks needed with school-aged children, Food and Nutrition Services offers parents a grace period when lunch money is forgotten. This grace period allows students to charge meals to their school lunch account until they bring money from home or replenish the funds online. Parents are still responsible for repaying the charges accrued during the grace period.

The charge limit for secondary students is: \$3.25 maximum (high school) and \$6.00 maximum (middle school). The charge limit for elementary students is \$12.50. Once the charge limit is reached, per School Board policy students are offered an alternate lunch of a cheese sandwich, a milk choice, fruit choices and vegetable choices until the charges are repaid. A la carte items and second entrees cannot be charged.

**Special Diets** - Registered dietitians are available to work with families with students needing special diets due to a variety of medical conditions. A request form is available on our department website or through the cafeteria manager at your child’s school. Once a request is submitted, it will be evaluated by one of our registered dietitians on a case by case basis. We will make menu modifications and substitutions when appropriate and economically feasible. Please review our list of menu items regularly because items and their ingredients can change throughout the year.