

Meal Services

Breakfast and lunch are offered daily at each school. All students are offered at least a choice of two entrées at lunch. Some schools may have up to 7 entrée choices! All schools offer an assortment of a la carte items.

Offer vs. Serve

Offer vs. serve is a program designed to promote better eating, keep your meal prices low, and lower plate waste! All students are offered 5 nutritious options at lunch. Students can select 3, 4, or all 5 offerings! Each student will have a fruit or vegetable on his or her tray! All grain items are whole grain rich.

Student Meal Prices

Brkfst: \$2.00 Elem., LCJH & Middle
\$2.25 High School
\$0.30 Reduced price Breakfast

Lunch: \$2.55 Elementary
\$2.80 Middle & LCJH
\$3.05 High School
\$0.40 Reduced price Lunch

Adult Meals

We are honored to serve faculty, staff and visitors at a great price! Breakfast is \$2.85 and lunch is \$3.65 for LCM staff. For visitors, breakfast is \$3.10 and lunch is \$4.15. Adult meal prices are higher, because there is no food commodity or federal reimbursement given for adult meals.

Administrative Staff

Pauline Hargrove, Superintendent
Greg Perry, Asst. Superintendent
Suzanne Magee, Director
Charlotte McShan, Secretary
Marian Trammel, LCM HS Manager
Troye Moxley, LCJH Manager
Shannon King, MMS Manager
Julia Crane, LCI Manager
Ruby Westbrook, LCE Manager
Jeanie Pierce, MVE Manager



Visit MyPlate.gov or
Squaremeals.org for a fun,
interactive approach to
healthy eating!

LCM CISD Child Nutrition Department

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www.lcmcisid.org

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LCM CISD CHILD NUTRITION DEPARTMENT

Child Nutrition Programs 2016-17



- NUTRIENT STANDARDS
- CATCH
- PREPAYMENT OPTIONS
- FREE/REDUCED MEALS
- QUALITY STANDARDS
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- ADULT MEALS

Child Nutrition Overview



Eat a variety of vegetables every day! Begin with Bell Peppers!

The Child Nutrition Programs provide nutritious meals to children, as well as education to improve eating habits.

Research has proven that students who are well nourished perform better at school.

Income for the department is derived from government reimbursement, USDA commodities, paid student meals, a la carte sales, and adult paid meals. From its income the department pays all department staff salaries and benefits; replaces all equipment as needed; pays for all food and paper supplies; maintains physical facilities in a clean, safe manner; purchases equipment for innovations, repairs equipment; purchases office furniture, computers, and registers; and hires and trains personnel.

When we achieve our goal to make a profit, the funds would be used to improve the quality of the Nutrition Department.

The department appreciates the assistance of LCM CISD parents, faculty and administration in the following guidelines regarding the Child Nutrition Programs.

Nutrient Standards

Today's school breakfast and lunch are both designed to meet stringent state and federal nutrition guidelines. School meals are required to provide specific amounts of fat, calories and sodium. Portion sizes are relative to grade levels. Our menus are planned to meet these standards. To receive the best price benefit students must select a fruit or vegetable. A variety of vegetables are offered each week: Dark green, red/orange, beans, peas and legumes, starchy and other additional vegetables to reach a healthy balance.

CATCH

Catch on to healthier eating, by selecting healthier foods. See the color coded menu on our website. You may notice there are no "Whoa" foods on our menus!

Green = Go (Anytime foods)

Blue = Slow (Sometime foods)

Red = Whoa (Once in a while foods)

Prepayment Options

Parents may make deposits to student accounts with cash of any amount. Checks must be a minimum of \$30, but may be distributed between siblings. To deposit monies in your child's/children's accounts you may send funds with your child, or you can visit the cafeteria between 7 and 10 A.M. Those who prefer to pay



Help prevent cancer and heart disease by focusing on fruit. Try some beautiful Kiwi!

with a credit card can visit our website: www.lcmcisid.org. Click Inside LCM then Skyward Family Access. Log in & provide your password to obtain access to your student/s site. Click Food Service tab on the left side of your screen. The Make a Payment button is near the center of your screen. A small cost is applied at checkout. If you have questions or need assistance, please call us!

Free and Reduced Meals

At the beginning of school, each student is provided an application for participation in the free or reduced-price breakfast and lunch programs. Applications are also available at each school office throughout the school year. Eligibility decisions are based on federally established guidelines. Parents are encouraged to complete an application if economic hardships exist. Student eligibility status is completely confidential.

Student Charges

Students are provided limited charging capabilities. We offer the following assistance to help you manage and monitor your student's account: Students up to grade 5 receive one reminder note when balances become low. Verbal reminders are given to students in grades 6-12 when their account balances are low. *Help us* help you manage your account by contacting your cafeteria or visiting Skyward. Through Family Access in Skyward you may sign up for emailed low balance reminders.

Quality Standards

- Our web page, www.lcmcisid.org, includes menus, links to interactive nutritional websites and other nutrition information. From the website, you can **contact us with** any question or concern. Or you are welcome to call or come by the administration office.
- Our highly trained staff is skilled in food safety/sanitation, culinary techniques, workplace safety, technology, foods, nutrition, dietetics, business management & customer service.