

FOOD SERVICE NEWS

Free/Reduced-Price Meals and Other Benefit Application

The applications are available at the school office, administration office, and are downloadable at <http://www.flcs.k12.in.us/downloads/forms/Free-Reduced.pdf>. The application can be submitted after July 1, 2016 for the 2016-17 school year.

Frankton-Lapel Community Schools completes "Direct Certification" in July for those households who qualify for **Food Stamps, TANF or Foster Child** benefits. Those households directly certified for free meals and free textbooks, will be notified by mail in mid-July and **will not need to complete an application this school year**. If you receive the Food Stamp, TANF or Foster Child benefits, but **did not** receive a direct certification letter in July, please, submit an application to the school.

Meal Account

We use the **Meals Plus** software to manage your child's meal account.

If your household has not qualified for free meal benefits, **you must prepay money into your child's account**. When you send money for your child's account, include the following information: **your child's name, the amount, and if the money is for more than one child, list how much money should go to each child's account.**

Online payment options are also available. This software is called "**e~Funds for Schools**". Register at www.frankton-lapel.k12.in.us. This software allows you to prepay into your child's **Meals Plus** account for your child's purchases, by using your credit card, debit card or checking account. You can view your child's meal account balance and this software can also notify you of a low balance.

Meal Prices 2016-17

<u>Grade Level</u>	<u>Breakfast Meal Price</u>	<u>Lunch Meal Price</u>
Elementary		
Full Price	\$1.50	\$2.15
Reduced Price	.30	.40
Junior(Middle)/Senior High		
Full Price	\$1.60	\$2.30
Reduced Price	.30	.40
Adult	\$2.10	\$3.10

USDA Meal Guidelines

The USDA school meal guidelines are improved to provide healthier school meals. Frankton-Lapel Community Schools are serving whole grains products, a variety of fruits and vegetables to include vital nutrients in your child's diet, 1% milk and fat free milk, and healthy main dish choices for your child.

We continue to follow USDA guidelines on a la carte snacks. Each snack must be 200 calories or less with under 200 mg sodium and less than 35 % sugar by weight. Snacks must also be less than 35% total fat, less than 10 % saturated fat and provide zero grams of trans- fat. Beverage choices must be 100% juice without added sugar or artificial sweeteners and no caffeinated beverages can be offered.

Lunch

In our schools, we offer many choices for your child, so that they can pick the food which they will more likely eat.

To put together a regular lunch meal at the **Elementary or Middle School level**, your child should choose: **1 main dish (includes Meat/Meat Alternate and 2 Grain)**, **½ cup fruit**, **at least ¾ cup vegetable**, **½ pint Milk**, and they may choose a **bonus item when indicated on the menu**. Your child is allowed to turn down two items, but must have a ½ cup fruit or vegetable included on their tray.

To put together a regular lunch meal at the **High School level**, your child should choose **1 main dish (includes Meat/Meat Alternate and 2 Grain)** **1 cup fruit**, **1 cup vegetable** **½ pint Milk**, and they may choose a **bonus item when indicated on the menu**. Your child is allowed to turn down two items, but must have a ½ cup fruit or vegetable included on their tray

Breakfast

USDA Breakfast guidelines include at least 1 cup of fruit, ½ pt. 1% or Fat Free Milk, and 2 servings of whole grain products.

Breakfast at **Frankton and Lapel Elementary** is available in the cafeteria for students who participate in the Before School Child Care Program and all others when they arrive at school (those who ride a bus will be allowed to exit the bus when it arrives at the school).

Breakfast at **Lapel Middle School, LHS and FJSHS** is available in the cafeteria, beginning at 7:45 a.m.

Menus are posted at the schools, on our website at www.frankton-lapel.k12.in.us and are published in the school newsletters

This institution is an equal opportunity provider