



BACK TO SCHOOL 2021-22

FREE MEALS EXTENDED FOR ALL



FEEDING BODIES, HEARTS, AND MINDS... ONE CHILD AT A TIME!

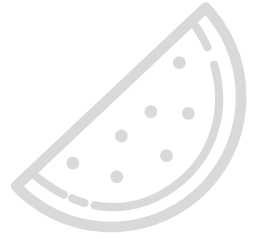
USDA has extended waivers allowing us to continue free meals all school year to all students in Nassau County schools.

Make sure to join us in the cafeteria or at one of our Grab & Go carts for breakfast and lunch every day! All menu items are tested & kid-approved & meet strict nutrition standards that align with the Dietary Guidelines for Health Americans to ensure your child is properly fueled for learning!

Follow us on Facebook @NassauNutrition or visit our website for more information
<https://www.nassau.k12.fl.us/foodservice>



NASSAU FUEL FOR SCHOOL



School meals in the palm of your hand.

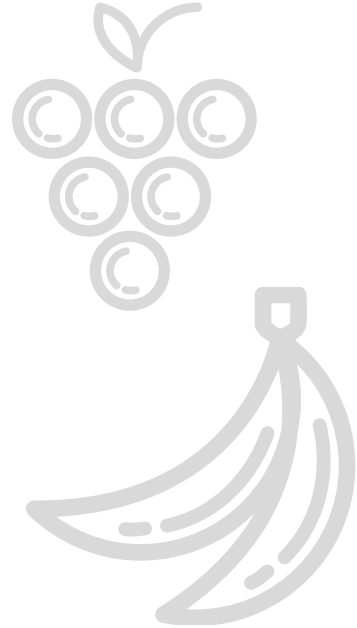
View menus, make online payments, add restrictions, or set up low balance alerts all from your phone! Download the FREE smartphone app (search Titan Family Connect) or visit <https://family.titank12.com/> to set up your parent or student account.

Breakfast - Better at school!

Studies show breakfast is more effective if eaten at school, closer to instructional time. A morning meal boosts a child's attention span, concentration, and memory. We offer the same name brands you buy in the grocery store - with reduced sugar, fat, and sodium! All schools have a quick grab & go cart to make it easier than ever to not miss the most important meal of the day!

Extras for sale too!

Your student can purchase extras at the register (items may differ from school to school.) You can add money for these items - or make restrictions - on the Titan app. Or, you can send money or check with your student in addition to a note to your child's cafeteria with permission to purchase and instructions on what they can and can't purchase, when they can or can't purchase, and the amount. These extra items are different than what you find in the store - they meet federal smart snack nutrition standards and are whole grain, reduced sugar, fat and sodium. Some smart snack items include ice cream, chips, cookies, rice krispy treats, fruit snacks, and bottled water.



What makes a full meal?

The meal is free only if it is a complete meal. At lunch students can choose from at least two hot entrees and one cold entree daily, fresh fruit, 100% juice, milk, and unlimited vegetables - including a garden salad featuring fresh romaine grown in a local aquaponic farm right here in Hilliard, Florida! We offer all-beef patties, all-natural turkey, and white meat chicken - the same big brands you buy in the grocery store in addition to locally-sourced products as much as possible.

All meals offer the 5 food groups or components:

1. **Bread or Grain**
2. **Meat or Meat Alternative**
3. **Vegetables**
4. **Fruit (includes 100% Fruit Juice)**
5. **Milk (Fat-Free Flavored or Low-Fat Plain Milk)**

Students need 3 of the 5 components at lunch to make a complete meal; one of the components must be at least ½ cup of either a fruit or a vegetable.

