

# Welcome to school meals!

FOOD SERVICE GUIDE FOR STUDENTS & FAMILIES



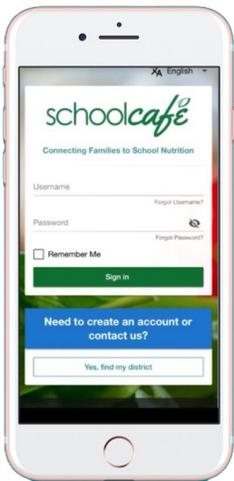
*Feeding bodies, hearts, and minds... one child at a time!*

Nassau County Food & Nutrition's top priority is to ensure your student's wellness through proper nutrition. We know that sending a child to school can be exciting and exhausting - all at the same time! Our team wants to assist you in this unforgettable adventure into your child's educational experience.

## Free & Reduced Priced Meals

### Apply for Free & Reduced Priced Meals for Breakfast and Lunch AFTER July 1st every year!

Students can receive free or reduced breakfast and lunch based on their parents' income as stated on their Free & Reduced Application; they may also be directly certified free by the state. *Applications must be submitted EVERY year to qualify for the program based on income.* The cost of these meals is supplemented by the Federal Government through the National School Lunch Program. Money does not come from local taxes or the local school board general fund.



### Apply Online or on the Free App

This method is safe, secure, and available 24/7! It only takes 3 minutes and is processed within 24 hours. Head to <https://www.schoolcafe.com> or download the **free mobile app** (search for SchoolCafe). There, you can apply for free and reduced priced meals online or on your phone in less than 3 minutes with **your student's name and ID number**. You can also add restrictions or view your student's transactions, add money to their account, and receive low balance alerts to your phone or email - all in one convenient place!

### Apply in Person

Paper applications are available at the district office and at each school, but processing may take up to two weeks.

## Meal Pricing

### BREAKFAST

Elementary Breakfast | \$1.50  
Middle / High Breakfast | \$1.75  
Reduced Breakfast | \$0.30

### LUNCH

Elementary Lunch | \$2.25  
Middle / High Lunch | \$2.75  
Reduced Lunch | \$0.40  
Teacher / Staff Lunch | \$3.75  
Parents / Guest Lunch | \$4.25



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. A balanced breakfast starts at \$1.50 - and if your child qualifies for free or reduced lunches, breakfast is free or available for just \$.30. We offer the same name brands you buy in the grocery store - *with reduced sugar, fat, and sodium!*

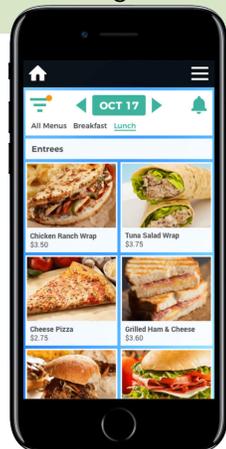
School lunches are not only hot, fresh and nutritious, but also more cost effective! All menu items are tested and kid-approved! Some of our new menu items include pizza lunchables, cheese quesadillas, and hot ham & cheese on a crescent roll. We offer all-beef patties, all-natural turkey, and white meat chicken - the same big brands you buy in the grocery store in addition to locally-sourced products as much as possible. Students can choose from 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!

Some of our brands:



TRADERS HILL  
farm

PRODUCTS



### School menus in the palm of your hand:

Download our **FREE smartphone app** (search School Lunch by Nutrislice) or visit <https://nassau.nutrislice.com>.

**Nutrition** - Find more information about each food, including a photo, description, nutritionals, and allergen information.

**Menus** - Print a PDF of your school's menu or view it from your phone! It's a good idea to review the menu for the next day with your child to help make their selection in the cafeteria easier.

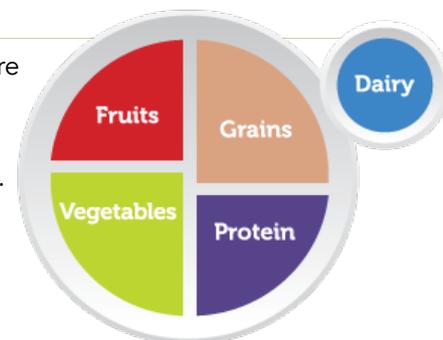
Menus are also available from the county website: <http://nassau.k12.fl.us>; click on School Meals, and follow the link to menus!

### **nutrislice** *What makes a meal?*

We always strive to exceed the nutritional guidelines set by the USDA; we analyze and ensure that the foods offered to the students meet the requirements in calories, fats, trans fats, vitamins, minerals, sugar, sodium, and cholesterol. Our meals align with the Dietary Guidelines for Healthy Americans and model the MyPlate nutrition recommendations below.

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)**



Please help your student understand that they 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. Students do not have to fill each compartment in their tray - just 3 components. Many of the entrees equal two components (ex. a hamburger would be meat and bread). At breakfast, they can choose 1 hot entrée or up to 2 cold entrée items, such as cereal and yogurt, and they must also include at least ½ cup of fruit or 100% fruit juice.

*Extras, Extras...  
Read all  
about them!*

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 **SchoolCafe app**. Or, you can send money 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. *Some smart snack items include ice cream, chips, cookies, fruit snacks, and bottled water.*

#### QUESTIONS? Contact us!

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<https://www.nassau.k12.fl.us/foodservice>



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Nassau County School Nutrition Association, Inc.

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