

Meal Requirements for the National School Lunch and School Breakfast Program

All meals are designed to provide age-appropriate meals to specific age/grade groups.

For grades K-12, dietary specifications for calories, sodium, and saturated fat are in place to limit the risk of chronic disease.

Breakfast includes three (3) meal components:

- Fruit
- Grain
- Fluid Milk

Daily Breakfast options include a hot breakfast, protein bistro box, oatmeal, cereal and fruit, yogurt, and/or granola parfait.

Lunch includes five meal components:

- Fruit (1 cup) Fresh, Frozen, Dried, or Canned in light syrup, water, or fruit juice.
- Vegetables (1 cup) Fresh, Frozen, or Canned. This includes a variety of dark green, red/orange, and beans/peas (legumes)
- Grains (2 o.z) 80% of the grains offered are whole grain-rich.
- Meat/Meat Alternate (2oz)
- Fluid Milk fat-free unflavored 8 oz.; flavored, low fat 1% milk unflavored & flavored

Daily lunch options include a hot lunch, chef salad, peanut butter and jelly, or a yogurt plate.

School menus are available on the school website at <https://www.jcpsnc.org/parents>

From the School Nutrition Director, Laura Cabe

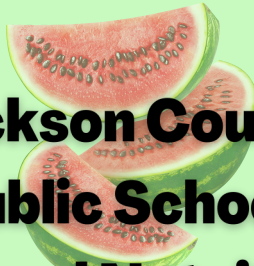
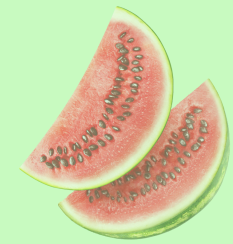
There is a lot of information available at our website at www.jcpsnc.org, under the School Nutrition Department. There you will find:

- Program Contact Information
- Free and Reduced Meal Application
- Dietary Modification Form
- Breakfast and Lunch Meal Patterns
- Sanitation Grades
- Monthly School Menus
- Catering Options
- Healthy Snack and Celebrations List
- School Health Advisory Council
- Smart Snack Standards

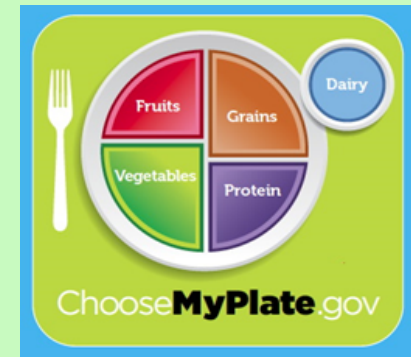
If you have any questions or concerns, please feel free to contact me by phone or email. I hope your student has a happy, successful, and healthy school year.

**Laura Cabe
828-586-2311 ext. 1936**

This institution is an equal opportunity provider.



Jackson County Public Schools School Nutrition Program



INFORMATION & SERVICES

**398 HOSPITAL ROAD
SYLVA, NC 28779
828-586-2311, EXT. 1936**

All families must complete a meal application for the 2022-23 school year

Free and Reduced Meal Applications are online at <https://family.titank12.com>.

If you need assistance completing an application, please call Laura @ 828-586-2311 ext. 1936 or Sandra @ ext. 1955.

Applications may be completed any time during the school year.

Enrolled members of the EBCI must complete an application each year.

Charge Policy

Students who are required to pay for meals are expected to provide payment in a timely manner. Occasionally, students may forget or lose their money. It is the procedure of JCPS that:

- Elementary school students may charge up to \$10.00. High school students are not permitted to charge meals or a la carte items
- An alternate meal consists of a cheese sandwich, fruit, vegetable, and milk for students who have accumulated a \$10 balance

Parents are responsible for payment of meals charges to student accounts.

K-12 Breakfast Prices

Free status.....No Cost
Reduced status.....No Cost
Full pay status.....\$2.00

Adult Breakfast\$2.00
Milk A la Carte (1/2 pint)\$.50

K-12 Lunch Prices

Free status.....No Cost
Reduced statusNo Cost
Full pay status.....\$3.75
Adult Lunch (includes tea)\$4.75
Milk A la Carte (1/2 pint).....\$.50

How can I pay for my child's meals?

- Cash at the register.
- Personal check at the register.
- Credit/debit card payments are accepted at <https://family.titank12.com/>
- Each online transaction will have a \$1.95 processing fee.



Parents will be able to make payments to multiple lunch accounts at the same time.

Parents will also be able to view their child's meal history and sign up for low balance notifications via email.

SMART SNACKS STANDARDS



Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks School Standards build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Celebrations: Jackson County Public Schools supports a healthy school environment and recommends four (4) designated celebrations per year, this includes birthday celebrations. These designated celebrations are approved in advance by the principal or designee.

During a designated celebration, half (1/2) of the food and beverages offered to students for celebrations during the day will comply with the federal Smart Snack Standards.

Please visit <https://www.jcpsnc.org/> for a list of items that are Smart Snack approved.

Food Allergies: In order to safeguard the health of JCPS students and due to the dramatic increase in food allergies and foodborne illnesses, all food items must be commercially prepared or packaged items, which includes food/beverages purchased through the JCPS School Nutrition Program.

