



**Food Service
Department News
2012-2013 School Year**

Belleville Henderson
CSD
PO Box 158
Belleville, New York
**Food Service
Department**

Linda Zehr
Food Service
Manager

Phone:
315.846-5121
Fax:
315.846-5617

E-mail:
Lzchr@bhpanthers.org

The USDA has made their final ruling of the *Healthy, Hunger-Free Kids Act of 2010* in January. The final implementation of this will change the National School Lunch and School Breakfast Programs.

The USDA has given all school food services a ten year time frame to fulfill all the requirements to meet the mandated final ruling. The following is what will be implemented for a student's reimbursable Breakfast and Lunch:

Fruit Component:

**Breakfast and Lunch = offered daily—up to 1 cup daily K-12 grade*

Vegetable Component:

**Offer vegetable subgroups weekly=dark greens, red/orange, dry beans/peas*

Grains Component:

**All grains must be whole-grain rich*

Meats/Meat Alternates:

**Lunch only=Broken into grade levels by ounces served daily*

Milk Component: We strongly encourage all students to drink Milk-no other drink is offered on a daily basis

**Offer only fat-free (unflavored or flavored) milk*

Dietary Specification (to be met on average over a week)

**calorie, saturated fat, sodium, trans fat*

Offer vs. Serve:

** All reimbursable meals must contain a fruit or vegetable(1/2 cup minimum)*

Meal Pattern Amount of food per week (Minimum Per Day)	Grade K-5 (Minimum Per Day)	Grade 6-8 (Minimum Per Day)	Grade 9-12 (Minimum Per Day)
Fruits (cups)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetable (cups)	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Grains (ounces)	8-9 oz. (1)	8-10 oz. (1)	10-12 oz. (2)
Meat/Meat Alternate (ounces)	8-10 oz. (1)	9-10 oz. (1)	10-12 oz. (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)

*This is the requirements for the Lunch program
Regulations will begin September 2012*

Reimbursable Meal: Five food components offered-student is allowed to decline two items EXCEPT they have to have 1/2 cup of either the fruit or vegetable component for a REIMBURSABLE meal.

The Biggest Change for your student is that they will be required to have a 1/2 cup of a fruit or vegetable on their tray for a reimbursable meal.



Why a Lunch price increase?

The BHCS Food Service Department has been mandated by the USDA to adjust lunch prices. The new federal regulations require the average lunch cost in our school district to rise over the next five years. These changes are part of the Healthy Hunger-Free Kids Act of 2010.

The Belleville Henderson CSD Board of Education has approved an increase of \$.20 to the full price meals of K-12 grade students for the school year 2012-13 which will make us compliant with the act of the Healthy Hunger-Free Kids .

Meal Prices - School Year 2012-13

Breakfast: Free to all students

Lunch:

PreK-6—\$2.00

7-12—\$2.25

Reduced price—\$.25

Adult meals

A la carte pricing

Nutrikids POS System

We are very excited about our Nutrikids POS System!

This system enables us/you to:

- Have the ability to deposit money—via credit/debit card, to the child's meal plan account from the comfort of your home. Visit MyNutriKids.com to create your account today!
 - Look up your student's personal account to view what he/she has purchased.
 - Highlight food allergies.
 - Apply monies to your student's account on MyNutriKids.com.
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NEED TO KNOW!

Charging Meals

Your child may charge a lunch at any time up to 5 lunches. However, you must understand that the following procedures will apply to all students.

Students K-12 are not allowed to purchase a la carte items of any kind if they owe a balance on their meal account.

A letter will be sent home every two weeks to parents/guardians for any charge balance in excess of \$2.00.

Students may ask cashiers for their individual account balance at any time.