

Students Succeed with School Meals: The Healthy, Low-Cost Choice

School Meals are a great value and available everyday at every school. Each school serves a healthy breakfast and lunch daily, balanced with fruits, vegetables, whole grains and low fat dairy at an unbeatable price.



School meals are a healthy and low-cost choice for busy families.

- ✓ School meals are a healthy choice because they meet the Dietary Guidelines for Americans. This means there are guidelines for protein, vitamins A and C, iron and calcium. There are also limits on fat, salt and sugar.
- ✓ Research shows that students who eat school lunch eat less fat than students who bring their lunch from home. Students who eat school lunch eat more fruits, vegetables and drink more milk. They are less likely to drink soda and fruit drinks. Furthermore, students who eat school meals are more likely to be at a healthy weight.

Welcome Back!

Healthy school meals feed eager minds and fuel an active body. Support school meals and allow students to perform their best. As the cost of goods and services increase—school breakfast and lunch are still a great value both nutritionally and economically.

Some healthy highlights of our meals are:

- Milk served in the cafeterias has 1% or less fat
- Salt has been removed as a condiment
- Sliced bread, rolls, breadsticks and ziti noodles are 100% whole wheat
- Rice is whole-grain brown rice
- Hotdogs are reduced fat turkey dogs
- All beef sauces are made from reduced-fat ground beef
- We offer fresh fruit daily at breakfast
- Chef salads are offered daily
- We purchase NC produce whenever possible including watermelons, cabbage, tomatoes sweet potatoes and strawberries
- All supplemental sales offered in the elementary schools meet the HealthierUS guidelines for calories, fat, saturated fat and sugar



The Child Nutrition Department is a founding member of the Rowan Partnership for Community Health and is active in Healthy Rowan, collaborating with other agencies focused on providing services to the children of Rowan County.

2009-2010 Student Meal Prices

Breakfast Prices:

Elementary	\$1.00
Middle School	\$1.00
High School	\$1.00
Reduced Price	\$.30

Lunch Prices:

Elementary	\$1.85
Middle School	\$2.00
High School	\$2.00
Reduced Price	\$.40

Check out our website at www.rss.k12.nc.us to find weekly nutritional analysis, nutrition education materials, and carbohydrate counts of all items offered in the cafeteria and diet order for special nutritional needs.



On the Menu

Breakfast

- Choice of hot/cold entrée or cereal with graham crackers
- 100% juice or fresh fruit
- Low-fat or skim milk

Lunch

- Choice of one of two entrees every day
- Choice of two of three sides (fruits and vegetables) each day
- Choice of low-fat or skim milk
- Chef Salad is available every day as an entrée
- Extras are available that meet HealthierUS guidelines including, ice cream, cookies, snacks and bottled water.

Free and Reduced Priced Meal Program

The free and reduced priced meal program is available to help families with the cost of school meals, through USDA. Children need healthy meals to learn. Rowan Salisbury Schools offer healthy meals (breakfast and lunch) every school day. Your children may qualify for free meals or for reduced prices meals. Reduced price is \$.30 for breakfast and \$.40 for lunch. To see if you are eligible for the Free and Reduced Lunch Program you will need to fill out an application and return it to your child's school cafeteria or mail it to: Rowan Salisbury Schools, Attn: Child Nutrition Dept, PO Box 2349, Salisbury, NC 28145-2349. If you have questions about an application you have submitted or questions filling out your application please call our office at 704-630-6046.

Things parents need to know about paying for school meals

- Parents may prepay for lunch or breakfast by sending cash or a check to the child's cafeteria, please include your child's lunch pin number.
- You may join your student for lunch any school day. Adult meals are \$3.00 and include cookie and a tea.
- If your child does forget their lunch money, he/she will still be able to charge up to three breakfast and three lunch meals before he/she receives an alternative meal. An alternative meal consists of white milk, three sides and bread.



Special Diets / Food Allergies

- Meal changes may be made for students who have a medical or physical condition that require food substitutions or special food preparation that is different from the regular school menu.
- If your child has a food allergy, please complete a "Diet Order" and notify your child's teacher, cafeteria manager and nurse.
- Meals will be modified with a proper medical prescription.
- The Diet Order must be filled out and signed by a medical doctor, and must be updated each school year.
- A special message that identifies your child's specific dietary needs can be placed on your child's cafeteria account that will display each time your child eats school meals.

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender (male or female), age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D. C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer."