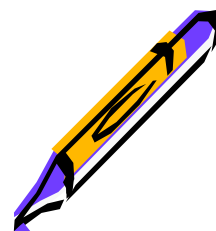




# SCHOOL FOOD SERVICES PARENT/TEACHER GUIDE



## WELCOME BACK TO SMART SCHOOL LUNCH

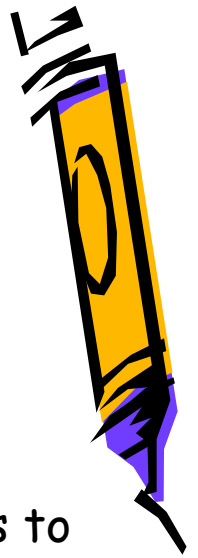
Great food and friendly service are very important to us! We will do whatever it takes to ensure that our students receive courteous service, attractive, and well-balanced meals every day. Enclosed is information detailing our many services.

The Metropolitan Nashville Public Schools' Food Services would like to take this opportunity to acquaint you with our program. Our goal is to provide high quality meals for your child that are both nutritious and appealing at a reasonable cost.

Our team of food service professionals is committed to providing the best! We look forward to serving your child - and you - every day this year!

If you have questions or comments, please contact me at 259-8472.

Jay Nelson, Director  
School Food Service



# THE BREAKFAST AND LUNCH PROGRAM

It is the goal of School Food Services to provide a healthy and nutritious breakfast and lunch daily, while at the same time allowing students to choose from the foods they enjoy eating.

## **The Breakfast Program**

Breakfast is offered daily in most schools before the start of the school day. Students may choose from a variety of hot bread items or cereals, fruit or juice, and milk to make a complete nutritious breakfast. A healthy school breakfast is a great way to begin a day of learning.

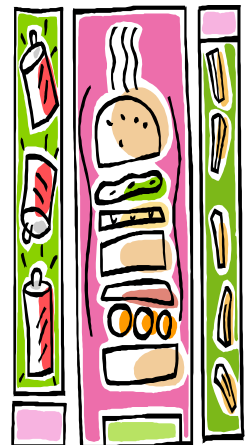
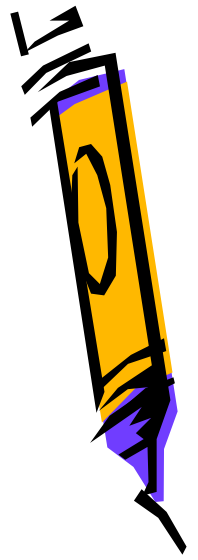
## **The Lunch Program**

Students may select a lunch consisting of a protein item, 2 fruits and/or vegetables, bread, and milk from a wide variety of items offered each day. Students have an option of selecting a minimum of three or a maximum of five items to stay within the standard meal price. By offering a variety of nutritious choices for different menu items, students can select a healthy meal made up of foods that they will eat. When you choose a school lunch, you choose variety, nutrition and great taste.



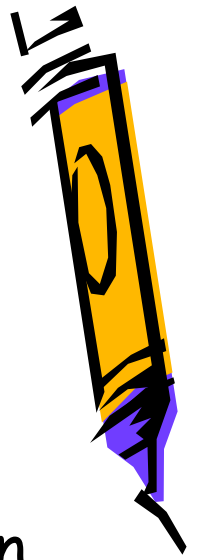
## EXTRA ITEMS

All cafeterias offer a variety of extra items. These nutritional foods are offered in addition to, not in place of, the regular menu at an additional cost. The price list of extra items is included in this handbook so that you may plan with your student the types of items he/she may select and the amount of extra money that will be needed.



## SPECIAL PROMOTIONS

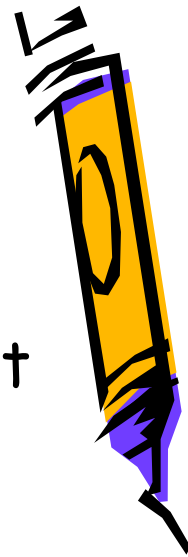
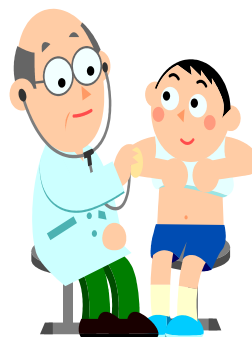
Many of our school cafeterias plan special events and promotions to make meal time fun and to encourage students to eat healthy meals. Washington Apple Week, which is held in September, is such a popular promotional event that many schools have tied lessons about apples to this week. Other special events are: Welcome Back to School! (August); National School Lunch Week (October); Heart Healthy Week (February); and National School Breakfast Week (March).



## SPECIAL DIETS

All requests for special diets must be submitted to the Cafeteria Manager on a prescription with a physician's signature. All prescriptions must be for the current school year and can be obtained from your child's physician. For example, if your child has an allergy to milk the physician must state this on the prescription.

If you have questions or comments about our program, please feel free to call School Food Services weekdays between 8:00 a.m. and 4:00 p.m. at (615) 259-8467.



**\*\*\*MEAL PRICES\*\*\***

**Breakfast:**

Elementary/Secondary \$1.25

Adults Priced by Item/A la carte only

**Lunch:**

Elementary

\$2.00

Secondary

\$2.25

Adults (School Board or

\$3.00

Working volunteer)

Adults (Parent or Visitor)

\$3.50

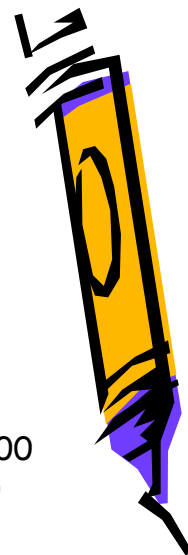
Adults (Parent or Visitor

\$4.00

Holiday Meal)



# \*\*\*EXTRA ITEM PRICES\*\*\*



## BEVERAGES

Fruit Drinks, canned (11 oz.)  
\$.75

Juice, 4 oz. .50

Tea, 20 oz. (Adults & Secondary) \$1.25

Lemonade (20 oz.)  
\$1.25

Milk, 8 oz. .50

## BREAKFAST ITEMS

Breakfast Pizza  
\$1.00

Cereals (No milk)  
.50

Biscuit .25

Biscuit W/Meat  
\$1.00

## MAIN DISH ITEMS

Meat/Meat Alternate Entrees, salads  
\$1.50

Sandwiches \$1.50

Pizza, Branded, Papa John's  
\$2.00

## FRUITS AND VEGETABLES

Fruits & Vegetables  
\$.75

French Fries \$1.00

Soup (1 c.) W/Crackers (1 pkg)  
1.25

## DESSERTS

Cakes, Pies & Misc. Desserts  
.25-.75

Cookies (1) .25-.50

Ice Cream Cup (3 oz.)  
.35-.50

Ice Cream Cup, (5 oz.) Sandwich, Nutty Buddy  
.50

Jell-O (plain), Pudding  
.50

Yogurt (8 oz.) 1.25

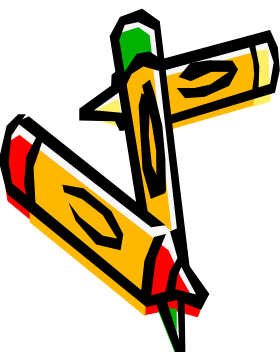
Yogurt (4 oz.) .75

## MISCELLANEOUS ITEMS

Bread, Rolls, Biscuits (school made)  
.25-.50

Nachos W/Cheese Sauce  
1.25

Pretzels (soft)  
.75



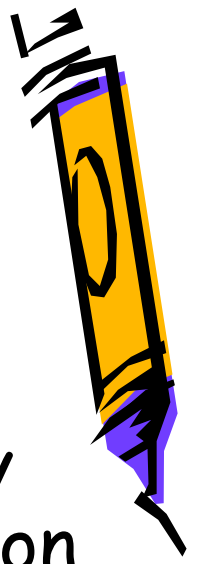
# Meal Payment Options



- School Food Services will accept payment for meals by the following methods:
  - Processed Meal Application
  - Direct Certification
- Advanced Payment for Payment at Time of Service by:
  - Cash
  - Money Order
  - Cashier's check



# Payment Options

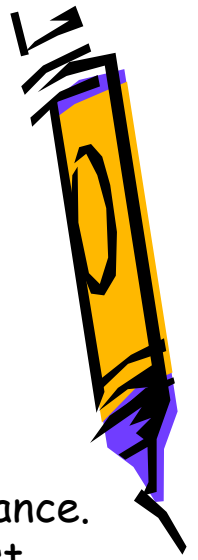


- School Food Services offers meals free or at reduced prices to families who qualify for this benefit. An application for meal benefits is included in this packet. The completed application must be returned to your child's school within the first 10 days of school.
- Students who were approved for benefits during the last school year will continue receiving meals under last year's approval for 20 days while new applications are being processed.



New students must have application approved before meal benefits can begin.

# Prepayments



Parents are encouraged to pay for student's meals in advance. Advance payment allows the cafeteria to provide the most efficient service to all customers. Make sure all money orders and cashier's checks are made payable to your school cafeteria and are properly signed.

You may send cash, money orders, or cashier's checks. Include the following information with your payment

Student's full name

Grade

Teacher's Name

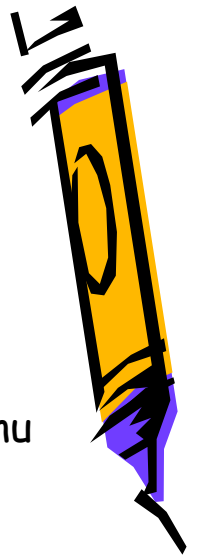
If paying for more than one student, please list all student names, grades and teacher names.

School Food Services will accept cash, money orders and cashier's checks for the amount of purchase or for prepayment of meals only

All money orders and cashier's checks are to be made payable to the school's cafeteria



# Menu Selections for Secondary Schools



Secondary students are presented with a variety of menu choices each day.

A plate lunch price at the secondary level consists of choices from the following:

- (1) Choice of 1: Entrée item with bread, hot or cold sandwich
- (2) Choice of 2: Hot vegetable, salad or fruit
- (3) Choice of 1: Milk ( 5 varieties)

Typical secondary menu choice for a day would be as follows:

Choice of 1: Spaghetti  
Sandwich

Grilled Cheese

Vegetarian Hot Pocket

Grilled Chicken Pattie on  
Bun

Smart Pizza

Turkey Tettrazzini

Choice of 2: Broccoli

Garden salad

French fries

Congeaed fruit salad

Corn

Coleslaw

In addition to the set price menu, secondary school offerings include specialty sandwiches, desserts, canned fruit drinks, iced tea, a variety of snack items, fresh grab and go salads and pizza.

