

# FOOD SERVICES

Virginia Beach City Public Schools

## Providing Students Quality, Nutritious Meals at Affordable Prices



Volume I, Issue I  
Fall 2010

Published twice each school year  
Fall & Spring

# Food Service News for Parents

Dr. James Merrill  
Superintendent

John S Kalocay

Assistant Superintendent

Administrative Support Services

James G Ratliff, Jr

Director, Food Services

**ABOUT THE SCHOOL BREAKFAST AND LUNCH PROGRAMS** - Schools in the City of Virginia Beach participate in The National School Breakfast and Lunch Programs. Federally mandated menu patterns are followed. The meals offered meet the established Recommended Dietary Allowances (RDAs), a student's calorie needs and the Dietary Guidelines for Americans. The menu planning system provides approximately  $\frac{1}{4}$  of the RDA for key nutrients for breakfast and approximately  $\frac{1}{3}$  of the RDA for key nutrients for lunch.



**WHY ARE BREAKFAST AND LUNCH SERVED AT SCHOOL?** Many students would receive either no meals or nutritionally poor meals without the help of school food service programs. Offering a well-balanced meal is a service and convenience to students, staff, and parents. Students who participate in the breakfast and lunch programs receive needed nutrients for growth and development. Research has shown that hungry children cannot learn. A child with an empty stomach is lethargic, irritable and is not able to participate fully in learning experiences.

### School Meals

*We serve education every day™*

Breakfast	Lunch
\$ 1.15	\$ 2.15

*We provide **REDUCED-PRICE MEALS** (\$0.30 for breakfast, \$0.40 for lunch) and **FREE MEALS** at no charge for eligible students.*

**Inside this issue:**

Free & Reduced Price Meal Benefits	2
National School Lunch Week	2
mySchoolBuck.com	3
School Meals	4
Nutritional Guidelines	5
Milk Does the Body Good	6

**Mission Statement**

*To provide students quality nutritious meals at affordable prices*

## Free and Reduced Price Meal Benefits

---



- Applications for free and reduced price benefits are mailed to all households in August. Applications can also be obtained from the school office or the Office of Food Services.
- Applications are processed within ten (10) working days from arrival at the Office of Food Services.
- Students who qualify for free and reduced-priced meals received both breakfast and lunch at free or reduced prices.

**Parents are responsible for paying ANY charges that may be accrued prior to application approval.**



## National School Lunch Week - October 11-15

---

Schools across our district will be celebrating National School Lunch Week (NSLW) in October. This annual celebration established by President John F. Kennedy in 1962, uses fun themes to highlight the important positive role of school lunch in our nation. School lunches are balanced and healthy. Last school year Virginia Beach City Public Schools served 34,604 lunches daily which provided our students key nutrients they needed to be ready to learn.

**'What's on Your Tray?'** is the theme for this year's NSLW. What's on your plate every day says a lot about you! The theme highlights the importance of a healthy and balanced school lunch in a student's day. Students will discover what their favorite foods and activities reveal about them through taking a personality quiz. Students can visit [www.whatsonyourtray.org](http://www.whatsonyourtray.org) to take the personality quiz to determine their lunch personality. The 'What's on Your Tray?' campaign runs from now to October 15.

The NSLW menu will highlight the following menu items:

*Monday: Mandarin Orange Chicken w/Oriental Rice*

*Tuesday: Pasta & Meat Sauce with Whole Grain Bread Stick*

*Wednesday: Pizza*

*Thursday: Chicken Fajita Wrap*

*Friday: Steak & Cheese Sandwich*



# Your Child's Meals and A la carte Account!

---

Parents may prepay for their child's meals and a la carte items. Each school uses a computerized point of sales system which allows students to have individual accounts for pre-payment of meals/a la carte items and payment at the time of service. This system lessens the need for students to bring money to the cafeteria each day. Student accounts are used for full price meals, reduced-price meals, free meals and a la carte purchases.

Each student will have two (2) accounts:

- 1 - Meal (breakfast and lunch)
- 2 - A la carte (snacks, ice cream, drinks, extra meal items, etc.)

Parents must designate prepaid money for the a la carte account. Otherwise, all prepaid money will be credited to the student's meal account. If parents elect to send one check for multiple students, please make sure to include each student's ID number/(SASI) number on the check.

Student account balances from the previous school year remain in the student's account and are transferred to the new school for students graduating to middle and high schools.

Parents are encouraged to prepay for their child(ren)'s meals so money is always available.

## Pay on-line using mySchoolBucks.com!

---

Virginia Beach City Public Schools offers parents the opportunity to make payments – *via an online account* – for their child's meals and/or snacks using Visa, Mastercard, or a debit card. It's convenient and easy to use. Create your account today!

### Benefits of paying online:

- Make payments directly into your child's account
- Track meal account balances
- View cafeteria purchases
- Set up low-balance e-mail reminders

### Follow these easy steps to create your online lunch account:

You must be 18 years or older to open an account.

1. Go to **vbschools.com** and select **Lunch Menus/Food Services** on the homepage.
2. Select the link **mySchoolBucks.com**
3. Select **I'm new to mySchoolBucks.**
4. When prompted to select a state, highlight **Virginia** and select **continue.**
5. Select continue when **Virginia Beach School District** is displayed on the screen.
6. Enter your account information and select **register.**

(For privacy, a user must know the student's ID number, birth date and name to add them to an account.)

**Notice: mySchoolBucks.com charges a convenience fee.**



# School Meals - Lunch



STUDENTS are encouraged to select a complete lunch. Under federal regulations they are allowed to select three, four, five or six menu items from the list below:

- ✓ Meat/Meat alternative
- ✓ Grain/Bread
- ✓ (3) Vegetable/Fruit
- ✓ Choice of Milk

The Office of Food Services wants to encourage students to eat more vegetable and fruits. Schools offer a fresh side salad daily as a vegetable/fruit choice. The fresh side salad counts as two (2) vegetable/fruit items.

## The Choice is Yours!

Students can choose the following items for their school lunch.

Must choose at least 3 out of 6 items for lunch price to apply.



A=Meat B=Fruit C=Veg D=Bread E=Milk F=Salad

("F" counts at 2 items)

CHOICE	A	B	C	D	E	F
1	◆	◆	◆			
2	◆	◆			◆	
3	◆			◆	◆	
4		◆		◆	◆	
5	◆		◆	◆		
6		◆	◆	◆		
7		◆	◆	◆		
8	◆	◆			◆	
9		◆	◆		◆	
10	◆		◆		◆	
11	◆					◆
12				◆		◆
13					◆	◆

The chart provides 13 choice selections for the minimum number items selected for the lunch price to apply. Note: Students can select up to 6 items.

## Join your child for breakfast or lunch



Enjoy a nutritious breakfast or lunch with your child(ren). Check with the school office before heading to the cafeteria for breakfast or lunch.

No FEDERAL or STATE FUNDING is received for adult meals; therefore, adult meals are priced a la carte.

## Food Allergy



Students with food allergies are allowed food substitutions only when supported by a statement from a recognized medical authority that includes recommended alternated foods. A recognized medical authority

may be a doctor, a nurse, or a physician's assistant. For more information regarding school guidelines for managing students with food allergies visit "Lunch Menus" at [www.vbschools.com](http://www.vbschools.com).

# Eat School Breakfast!

---

Mornings can be really crazy! The alarm doesn't go off, the kids don't want to get up, there's no time to eat breakfast before the bus comes or they're just not ready to eat. There is something that can help - SCHOOL BREAKFAST!

Take advantage of this option to ensure your child eats a nutritious breakfast. Recent studies show a link between nutrition and learning. A nutritious breakfast helps students be more alert so they can actively participate in class. Breakfast provides students with the vitamins and nutrients they need for a strong and healthy body.



School breakfast results in:

- Increased math and reading scores
- Fewer nurse's office visits
- Improved classroom behavior
- Improved attentiveness reported by teachers
- Improved performance reported by parents

(Minnesota Dept. of Children, Families and Learning & University of Minnesota "School Breakfast Program/Energizing the Classroom")

Children who eat a nutritious morning meal at school, are given the critical boost they need to succeed. Take advantage of this opportunity to start the day on the right foot. Your child will find "breakfast at school" provides not only a nutritious meal, but a friendly staff to serve them.

Virginia Beach City Public School breakfast facts:

- 12,024 breakfasts were served daily during school year 2009-2010
- 22 schools participate in our "Breakfast in the Classroom" program
- Many schools provide free breakfasts on standardized testing days

51% of the students to go to school without breakfast.\* Encourage them to **EAT BREAKFAST at SCHOOL.**

\* School Nutrition Foundation/ National Dairy Council



## National School Breakfast Week - March 7-11, 2011

### Nutritional Guidelines for A la carte items sold by School Nutrition Program in Virginia

---

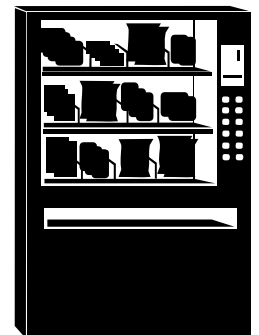
Federal regulations and state regulations define the type of items that may be sold by schools in Virginia. Food and beverages must meet the following nutritional standards.

The food or beverage items served must be a recognized component of the meal pattern or must contain 5% of the Daily Value, per serving or per 100 calories, of at least one of these eight essential nutrients: iron, calcium, protein, vitamin A,

niacin, thiamine, or riboflavin.

There are eight foods of minimal nutritional value that may not be sold by school nutrition programs in Virginia. These are: soda water, water ices, (except those containing fruit or fruit juice), chewing gum, hard candy, jellies, gum, marshmallow candies, fondant, licorices, spun candy, and candy coated popcorn. Iced/ hot coffee or tea may not be sold to students.

These federal regulations are outlined in the National School Lunch Program section 7CFR 210.11, Part 210 Appendix B and 7CFR 220.12 and in the Code of Virginia state regulations.



# Milk Does the Body Good

---

One of the most nutrient-rich beverages available is flavored milk. There's a nutrient powerhouse in a variety of flavors that today's kids love. That beverage is milk, delivering **9 essential** nutrients including some that appear to be seriously lacking in children's diets today. Lowfat milk is an excellent source of **calcium, vitamin D, riboflavin and phosphorus**, and a good source of **protein, potassium, vitamin A, vitamin B12** and **niacin**.

Flavored milk provides all that nutrition plus the taste-appeal kids select again & again.

Flavored milk combines taste and nutrition. Lowfat flavored milk helps students make a nutritious beverage choice. Currently over 70% of milk sold in schools is flavored milk. If

*Why Flavored Milk is  
Important for Students  
Nutrition*



flavored options aren't available, students often choose soda, juice, or flavored water over white milk. Studies show that when flavored milk is offered in schools, overall milk consumption increases. And students

get the essential nutrients milk provides. Visit [milkdelivers.org](http://milkdelivers.org) for more milk information.



# Student Birthday Celebration

---

Parents can celebrate their child's birthday with the help of the school food service staff. Food and beverage items can be purchased for your child's class and served to the class during their lunch period. Colorful napkins, a personalized birthday

card, and a small gift for the birthday student are included with each birthday celebration order. Parents must contact the Cafeteria Manager at least two weeks in advance of the celebration. Additional student birthday celebration information

can be viewed on the web site at [www.vbschools.com](http://www.vbschools.com). Select 'Lunch Menus'.



# Comments Welcome

---

The Office of Food Services is able to offer breakfast and lunch to all students with the help of over 550 employees, which includes two Registered Dietitians. Each site has a manager and staff who work to

provide the large variety of menu choices offered daily. In order to continue meeting the needs of our customers, the Office of Food Services is asking for your assistance in letting us know how we are doing.



**Submit Comments &  
Suggestions**  
[VBfoods@vbschools.com](mailto:VBfoods@vbschools.com)

The Office of Food Services  
School Administration Annex Building 16  
2435 Princess Anne Road  
Virginia Beach, Virginia 23456



We are on the web!  
[www.vbschools.com](http://www.vbschools.com)  
Select 'Lunch Menus'

In accordance with federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6383 (TTY). USDA is an equal opportunity provider and employer.