

Galveston ISD 2019-2020

Child Nutrition Information

Galveston ISD Child Nutrition Services is committed to providing students with healthy school meals. Menus are designed to provide a variety of choices that meet 1/3 of the recommended daily allowance of nutrients. A variety of fruits and vegetables are offered daily. Parents are encouraged to review the menus with their child to discuss the importance of healthy eating habits. For more information about the child nutrition program, visit the district's website at www.gisd.org, click on Departments, then click on Child Nutrition.

What is a Student Lunch?

To ensure that students select healthy meals from the choices offered, the child nutrition program requires that students select at least three meal components. All meals consist of a meat/meat alternative, fruits and vegetables and milk to meet the nutritional guidelines. A variety of milk is offered daily. Extra items may be purchased ala carte.

Take Note!

- If necessary, menus are subject to change without notice.
- All student meals include a choice of 1% white, or fat free chocolate milk.
- Students may choose any fruits and vegetables.
- Multiple entrees are offered each day. Students may choose one of the entrees offered.
- Child Nutrition Services is committed to providing student meals in a safe and sanitary environment. All GISD Child Nutrition Managers are certified by the Galveston County Health Department to ensure that meals meet the highest food safety standards.

Meal Policy 2019-2020

This Program will continue for 2019-2020

Through the Department of Agriculture's Community Eligibility Provision (CEP) program, Galveston ISD Child Nutrition will provide breakfast and lunch for the 2018-2019 school year to all children at no charge.

GISD Child Nutrition is changing its policy for serving meals to children served under the National School Lunch Program and School Breakfast Program for the 2018-19 school year. All campuses have been accepted to operate the CEP offered by the USDA and will now provide free breakfast (1 one meal per student) and lunch (1 meal per student) to all children.

This system will eliminate the collection of meal applications for free and reduced-price student meals as

well as collecting payment for basic student meals. This new approach reduces burdens for both families and school administrators and helps ensure that students receive nutritious meals. Add-ons, including chips, water, ice cream and other snacks will still be available for an extra cost. These items will not be allowed to charge.

On-Line Payments

Payment for extra items still can be processed through your child's account:

- Cash
- Check (Make checks out to Child Nutrition and add your students name and ID#)
- On-line payments (small fee is added to offer this service to our parents are paid to this third party vendor) can be made on your child's account.

Parents are encouraged to monitor their students account on www.mypaymentsplus.com. To set up an account parents will need the student's ID#. Once an account is set up, parents can monitor their child's meal accounts and set up an alert through email or text.

Accommodating Children with Special Dietary Needs

The U.S. Department of Agriculture nondiscrimination regulation, as well as the regulations governing the National School Lunch Program and School Breakfast Program require that substitutions to the regular meal must be made for children who are unable to eat school meals because of their disabilities when that need is certified by a licensed physician. Diet Modification Forms and special diet menus should be kept on file and referenced frequently to ensure an appropriate diet is served to children with special dietary needs. Special Diet Notes on POS: These notes will include terms such as "severe allergy," "special diet," and "follow menu," and should be initialed by the Nutrition Supervisor. When a note shows on the screen it indicates that the child's tray must: • Be checked for relevant allergens; or • Be examined for appropriate food consistency; or • Be substituted with special diet menu'd tray.

Questions, Compliments or Concerns

Please contact Jennifer Douglas, Galveston ISD Director Child Nutrition Services at (409) 766-5162. More information about the Child Nutrition Program can be found on the district website: www.gisd.org; click Department, then Child Nutrition.

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test. A total of two healthy snacks may be distributed on STAAR testing days.

Local School Wellness Policy and Coordinated School Health Program:

The Child Nutrition and WIC Reauthorization Act of 2004 require all districts to have a local school wellness policy. The policy can be found at the Galveston ISD website at www.gisd.org the policy number is FFA Local. The local policy addresses district goals for nutrition education, physical activity, nutrition standards and other school based activities. For more information on the wellness policy/SHAC visit the district's website or contact the Child Nutrition office. The Coordinated School Health program incorporates nutrition, health education and physical activity throughout the district

Foods of Minimal Nutritional Value (FMNV): The school may not provide FMNV to students anytime during the school day. Dessert type items (FMNV) such as soft drinks, snow cones, ice cream, candy etc. will not be allowed for distribution on school campuses.

Competitive Foods: The school may not allow competitive foods at anytime during the school day. A competitive food is any food or beverage sold or made available to students that is not provided by the school cafeteria. This includes items sold through vending machines or through school fundraisers. Outside food or beverages provided for events such as a class pizza party are considered to be competitive unless purchase through Child Nutrition as part of a school meal.

Classroom: Elementary schools may serve one nutritious snack per day in the morning or afternoon (not during lunch time) under the teacher's guidance. All snacks must comply with the nutrition standards of the Wellness Policy. The snack should be at no cost to students. Dessert type items or food items such as pizza do not meet the definition of a nutritious snack. Teachers may use food as part of a lesson but the food item must meet the definition of a nutritious snack and be tied to a lesson. Suggestions for healthy snacks can be found at www.squaremeals.org.

Classroom Birthday Parties: The Wellness Policy permits the sharing of food items for student birthdays. Items such as cupcakes or cookies are allowed for birthday celebrations. It is encouraged that any birthday treat be scheduled in advance with the teacher. Birthday treats are not allowable during the lunch time period and birthday activities should be scheduled for after lunch.

Testing Days: Students or parents may provide one additional healthy snack for students taking the STAAR

Other: TDA does not regulate what parents can send with their own child for lunch but outside competitive food items may not be shared with other students. The policy does allow for FMNV or candy to be distributed on six exemption days. Exemption days should be noted on the campus calendar.

Violations: Violations against the local wellness policy will be addressed during school Health Advisory committee reports to the district school board and superintendent.

See these other websites for more nutritional and fun information for your children:

www.squaremeals.org
www.dole5aday.com
www.Kidshealth.org
www.mypyramid.gov
www.USDA.gov