

## **Understanding the Lunch Line: A Parent's Guide**

South Harrison Community School Corporation cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school meals!

Each day, your child is offered a lunch containing the following: Meat or Meat Alternate, Grain, Fruit, Vegetable and of course, Milk!

Out of the 5 food groups your student is offered, he/she must choose at least 3 food groups for their meal. One of the food groups must be a fruit or vegetable. **Grades K-8 must select 1 serving of fruit or vegetables. Grades 9-12 must select 2 servings of fruits and/or vegetables.** Some menu items may count as two food groups such as pizza, nachos, cheeseburger or chef salad.

Be sure to ask your child if they are taking all of their fruit and vegetable choices!

Don't forget about Breakfast: Join us each morning as breakfast is a great way to kick off your child's day! Breakfast choices are a little different: Students must take at least 3 of the offered items at breakfast, one must be a fruit or vegetable.

While the most nutritious lunch contains all options we understand that students do not always prefer all items being served. To make our student customers happy, we give them the option to decline items they do not want to eat.

### Special Diet Concerns:

If your child has a medical condition requiring dietary restrictions, please submit a Medical Statement Form For Special Dietary Instructions which can be found on the South Harrison Community School Corporation website at <http://www.shcsc.k12.in.us> under Resources for Parents and Guardians/Food Services. Forms must be completed by a licensed physician based on the child's clinical diagnosis and medical condition which requires dietary modification. Medical Statement Forms must be updated at the beginning of each new school year.

Students with Lactose Intolerance or a Non-Life Threatening Milk Allergy can submit a written request from either a medical authority or the parent/guardian. The request should identify the student's dietary restriction that precludes the consumption of cow's milk and be turned in to the school nurse who will inform the cafeteria manager. No other information is required and a nutritionally equivalent substitute (not juice or water) will be provided at no additional charge.

Cross Contamination is a complicated issue for all students with allergies. We are able to identify allergens in foods, but unable to guarantee prevention of cross contamination from all possible allergens. Some products may come into contact with possible allergens in manufacturing plants, distribution centers or our school kitchens.

Food Services want all students to be able to enjoy school meals, but again are unable to guarantee prevention of cross-contamination.

### Food Preferences:

Food Services is not required to make modifications to meals based on food choices of a family or child. In most cases, the student can be accommodated at meal time as a variety of nutritious foods are available for them to choose from allowing the student to create and build a meal meeting their personal preferences. In addition, the "offer versus serve" provision which allows students the option to decline one or two foods in the normal (reimbursable) school meal can assist in accommodating an individual's particular diet.

Thank you,

*South Harrison Community School Corporation Food Services*