

School Nutrition Programs – High Schools

The Henry County Schools' Nutrition Programs participate in the federally funded School Breakfast Program (SBP) and National School Lunch Program (NSLP), providing nutritionally balanced, low-cost or free breakfasts and lunches to children each school day. Our programs meet federal nutrition standards, which have been modified to reflect the Dietary Guidelines for Americans and current nutritional guidance for children.

The School Breakfast Program (SBP) offers a wide variety of healthy foods, meets USDA requirements, and supplies ¼ of the U.S. Recommended Daily Allowances children need. Research has shown that children who eat a healthy breakfast do better in school. They also take in more vitamins and minerals, eat less fat and cholesterol, have less chance of becoming overweight and tend to have better overall health. Breakfast is offered every day school is in session with the exception of days when opening is delayed by two (2) hours. Breakfast is served if there is a one (1) hour delay.

Studies have shown that students who participate in the National School Lunch Program (NSLP) have higher average intakes of essential nutrients, consume meals that are lower in fat and added sugars and contain more variety of food choices than meals brought from home. High school students have even more meal lines and options available than middle school. They can easily choose a healthy lunch that meets NSLP standards as an eligible meal. A la carte options have also increased in variety and portion size over middle school. The NSLP eligible meal is still the best deal for the money, offering an entrée with bread, two side items and milk for one low price. The meal components are interchangeable, such as another side item in place of bread or milk, etc.

Students are not permitted to leave school grounds during lunch periods. Parents should not deliver lunch to students at school. All students are required to be in the cafeteria during their assigned lunch block. Students are to report to the cafeteria immediately when the correct bell rings. Restrooms closest to the cafeteria should be used. Lingering in the hallways will not be allowed because the excess noise disrupts instruction. Students are to assist with keeping the dining rooms neat at all times. Trays and paper products are to be deposited at the clean-up counter.

Free and reduced price lunches are available to those who qualify. Applications and information on qualification are sent home at the beginning of each school year, and are available in the school office all year. Menus are available on the Henry County Schools' website along with nutritional analysis for each menu item.

Meal Pricing for 2009-2010:

Student breakfast – \$1.00	Adult breakfast - \$1.50
Student breakfast, reduced price - \$0.30	
Student lunch, full price - \$1.80	Adult lunch - \$2.75
Student lunch, reduced price - \$0.40	Milk - \$0.40

Parents are provided with several options to make advance payments for their child's meals:

- **Café Prepay** – access anytime to make payments online is available with this service. Go to www.cafeprepay.com and enroll your child/children by following the instructions provided. You will need your child's full Henry County School ID number. All fees associated with the use of this site are paid by Henry County School Nutrition. Methods of payment: Visa, MasterCard, Discover, and American Express.
- **Advance Payment** – make one payment for a week or more meals by cash or check. Please write your student's name in the "memo" line of any checks. Parents can specify when making payment if they want the money to purchase a set number of meals, or "on account", allowing the child to spend it as they please. Any monies not specified are put on account.

***Please Note** – Café Prepay can be used to track your child's cafeteria account balance even if you use another method of advance payment. Set up an account for your student as specified above.

Advantages to making advance payments through the school or Café Prepay:

- Eliminates remembering lunch money every day.
- Teaches your child the importance of managing an account and its balance.
- Removes temptation to spend meal money elsewhere.
- Removes sanitary concerns of handling money immediately prior to eating.

Note: Information about federal regulations governing the breakfast and lunch programs may be obtained from the Director of School Nutrition Program's office at (276) 666-8716.