

Elementary School Nutrition Programs

Henry County Schools' nutrition programs consist of several federally administered programs to provide meals and snacks to children during different times of the day and year.

A universal free breakfast program, called "Fast Break for Success" is offered in all elementary schools. This 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 when there is a one (1) hour delay.

The School Nutrition Programs participate in the federally funded National School Lunch Program (NSLP), providing nutritionally balanced, low-cost or free 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. Studies have shown that students who participate in the 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.

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 and noted on the school's monthly student calendar. Nutrition analysis of menu items is also available on the website.

Meal Pricing for 2009-2010:

Student breakfast – free, regardless of financial status	Adult breakfast - \$1.50
Student lunch, full price - \$1.70	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. The fees for 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. Parents can specify when making payment if they want the money to purchase a set number of meals, with any extra allowed to be spent on a la carte items. They can also choose to put the money "on account", allowing the child to spend it as they please; or they can limit the number of a la carte items the child is allowed to purchase per day; or allow "no extras". Any monies not specified are put on account for the child.

***Please Note** – Café Prepay can be used to track your child's cafeteria account balance even if you use another method of advance payment.

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.
- Reduces your child's need to borrow meal money.
- Increases the speed of the meal line, giving all children more time to consume their food.
- Removes sanitary concerns of children 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.