

DO **YOU** KNOW WHAT YOUR CHILD IS EATING



BASIC SCHOOL NUTRITION:

Each menu is created to meet specific meal pattern guidelines set by the USDA and TDA. These guidelines are based on age and determine the amount of calories, saturated fat, sodium, protein, fruits, vegetables, and milk students should be offered.

Each meal is made up of 5 components:

Protein

We use **whole muscle meat chicken** products & **fresh ground beef** NOT soy beef crumbles!

Whole Grains

100% of breads offered are **whole grain**, which are higher in fiber and aid in digestion!

Fruits

3 options offered daily!

- **Fresh fruits**
- Canned or frozen fruits
- 100% fruit juice

Vegetables

2 options offered daily (Raw & Cooked)!

- **Fresh vegetables**
- Canned or Frozen vegetables

Milk

1% white milk & **low-fat** chocolate milk

SNACKS:

All snacks that are offered in schools must be “Smart Snack” compliant. This meaning that they must meet certain nutrition standards, such as being whole grain-rich, containing less than 200 calories as well as limiting sodium, fat, and sugar content. This goes to say that the snack items offered in schools are not the same items you would find on the shelves of your local grocery store. Items offered in schools (cereals, chips, etc.) are specifically formulated for use in schools, therefore, they are lower in calories, fat, sodium, and sugar.



FAQs:

Q: Why is my child asked to take extra items if he/she doesn't plan to eat them?

A: Students must choose 3 of 4 items offered at breakfast and 3 of 5 items offered at lunch for the USDA to consider it a complete meal. The student must take a fruit at breakfast and must choose either a fruit or vegetable at lunch.

Q: Is there a link between good eating habits and student performance in school?

A: Yes. According to numerous studies, children who eat healthy meals each day score higher on tests, make fewer trips to school nurses, have better attendance, and have fewer disciplinary problems. School meals play a critical role because they provide nutritious, safe, low cost, balanced meals for all students.

Q: Is there any way to get the nutritional analysis of food items?

A: Nutrition information and menus can be found on the LISD website under the “Menus & Nutrition” section of the Child Nutrition Department page.

*** If your child has any food allergies that require any special accommodations please contact your child's school nurse about beginning a 504 plan.

WHAT'S ON THE MENU?

There are multiple entrée options each day for your child to choose from!

In **Elementary Schools** we offer a different anchor item every day that will be served once a week every week.

Below are items that your student can expect to see on the menu every week.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets with a Whole Grain Roll	Hamburgers, Cheeseburgers, & Veggie Burgers	Pizza Sticks with Marinara Sauce OR Crisпитos with Cheese Sauce	Popcorn Chicken with a Whole Grain Pretzel Roll	Cheese & Pepperoni Pizza

Along with the anchor items we also offer scratch-made homestyle meals, fresh salad entrées, and sandwich options.

In **Middle Schools** we offer 5 different options each day: scratch-made homestyle meals, fresh salad entrées, sandwiches, pizza, and grill items.

In **High Schools** students can choose from 5 ready-made options or create their own meal by visiting one of our 3 made to order concepts.

FOOD COURT STYLE OPTIONS



The **Tortilla Fresh Mex** made to order bar offers a wide selection of your "Fresh Mex" food favorites. Create your own chicken or beef soft or crispy tacos, burritos, or nachos! Then head on over to our condiment bar to top off your selections with fresh scratch-made salsas, pico de gallo, and much more!



The **Custom Brothers** made to order bar lets students build their own burger however they like. Students can choose from a variety of proteins, such as a classic 100% beef burger patty, grilled chicken breast, or veggie burger patty. Once they have selected their protein and bun choice then it's time to get creative with over 10 different topping options and scratch-made sauces.



The **Green Street Deli** made to order bar allows students to be their own sandwich artists, creating anything from paninis to wraps! They begin by choosing their bread, with options like ciabatta, sub rolls, pretzels rolls, and more. Then they move on to our assortment of deli meats, cheeses, fresh veggie toppings, and scratch-made sauces to finish off their masterpiece!



We also offer **Pizza Hut** personal pizzas that are made fresh daily in our kitchens!



New Items!

- Ciabatta Bread
- Croissant
- Pretzel Bun
- Crunchy Taco Shell
- Black Bean Burger

2017-2018 MEAL PRICING:

		Reduced	Paid
Breakfast	Elementary School	\$0.30	\$1.25
	Middle School	\$0.30	\$1.25
	High School	\$0.30	\$1.25
Lunch	Elementary School	\$0.40	\$2.55
	Middle School	\$0.40	\$2.80
	High School	\$0.40	\$2.80

For more information about free and reduced meals and to obtain an application, please visit:

<http://lewisville.schoollunchapp.com>



Meet **ACE**, the Elementary school cafeterias' mascot who encourages kids to eat healthy so they can grow big and strong!

HOW DO I ADD MONEY TO MY CHILD'S ACCOUNT?

Parents can load money onto their students' meal account through 3 forms of payment:

- credit/debit card (online only)
- check (online or in person at your child's school)
- cash (in person at your child's school)

Please include the student's name and ID number when submitting payments. You can make a payment online by visiting the Child Nutrition Program page under the Meal Purchase tab. (online payments include a percentage-based convenience fee).

If you would like to limit the spending on your child's account, please reach out to the Child Nutrition Department (469-713-5207) or email GarcesC@lisd.net.

CHARGING POLICY:

All students are allowed to charge up to 2 reimbursable breakfasts and 2 reimbursable lunches. Students are not allowed to charge for a la carte purchases. Adults will not be allowed to charge at any time. After the charging limit has been reached an alternative meal will be offered to the student. An alternative meal at breakfast includes a piece of toast, a choice of milk and one of the following: fruit or juice portion. An alternative meal at lunch includes a sun butter sandwich, choice of milk and one of the following: fruit, juice, or vegetable portion.



For more information about nutrition guidelines in schools please visit:

<https://www.fns.usda.gov/school-meals/child-nutrition-programs>

<https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>