

Building a Balanced Diet

VCS embraces its responsibility to teach students how to develop healthy, balanced diets. We realize that our food service department can serve as a catalyst in performing this important service.

In an effort to help students to gain healthy dietary habits, our cafeterias build meals based on guidelines established in accordance with the National School Lunch Program (NSLP). Whether students choose to purchase the standard meal of the day or to build their own combination utilizing our a la carte selections, we encourage students to consume complete meals based on the following criteria that have been established to constitute a complete, balanced meal.

As many of you may already know, new regulations by the United States Department of Agriculture (USDA) were put in effect on July 1, 2012 based on the Healthy Hunger-Free Kids Act of 2010. Schools across the United States are obliged to take part in this new regulation if they are part of the NSLP in order to receive federal and state reimbursements which offset costs and keep school meals at a reasonable price.

Some of the new requirements include:

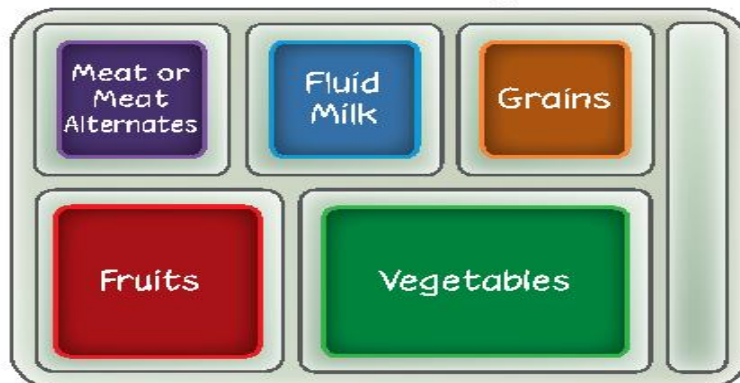
- Increasing the amount of fruits and vegetables
- Reducing the sodium in meals over the next 10 years
- Setting calorie limits
- Increasing whole grains by 50% by July 1, 2014 and at that time 100% whole grains will be required.

As a result of all these new requirements, one of the most significant changes that occurred for students in 2013-14 was the limited amounts of condiments (ketchup, mayonnaise, mustard, etc.) being offered. In prior years, condiments were free range to all students (which unfortunately, resulted in much waste due to non-usage); however, due to the fact that condiments have to be calculated within the calorie limits for each meal, we are no longer able to offer them free. The USDA requires that the condiments be part of the meal calorie calculation, therefore, if a student desires to have extra condiments outside the requirement of the meal, middle and high school students will have an added fee charged for each condiment taken. The elementary students will not have the option of extra condiments.

All our cafeterias provide items from the 5 food groups on a daily basis. These food groups are:

(1) Fruits (2) Vegetable (3) Meat/Meat Alternate (4) Fluid Milk (5) Grains

Build a Healthy Lunch



- You can choose 1 item from each of the 5 color groups for the school lunch price or if you qualify for free or reduced, you will get the meal at no cost if you are on a free meal plan, or you will get the meal for .40 cents if you are on a reduced meal plan.
- If less food is preferred, you must choose 1 fruit and/or vegetable and 2 of the other 3 color groups (i.e. Meat or Meat Alternate; Fluid, Milk and Grain) to get the school lunch price, or free if you are on a free meal plan, or you will get the meal for .40 cents if you are on a reduced meal plan.
- If you choose not to select from the fruit and/or vegetable group, each item will be charged as an a la carte item even though you are on a free or reduced lunch meal plan, as the tray is not considered a full meal.

We strongly encourage your children to select 1 item from each of the 5 color groups as this not only represents the best deal but also the healthiest meal for your child.

LUNCH PRICES FOR 2014-15

Grade Level	Reduced Lunch Meal	Regular Lunch Meal	Large Side A la Carte	Small Side A la Carte	Large Dessert	Small Dessert	Extra Fruit or Vegetable	Extra Milk or Juice	Bottled Water	Bottled Juices
K-3	\$0.40	\$2.25	N/A	N/A	N/A	N/A	N/A	\$0.40	\$0.40 (8 oz.)	N/A
4-5	\$0.40	\$2.50	\$2.00	\$1.50	\$1.50	\$1.00	\$0.65	\$0.40	\$0.75 (16.9 oz.)	N/A
6-12	\$0.40	\$2.50	\$2.00	\$1.50	\$1.50	\$1.00	\$0.65	\$0.40	\$0.75 (16.9 oz.)	\$1.00
Adult	N/A	\$3.25	\$2.00	\$1.00	\$1.50	\$1.00	\$0.65	\$0.40	\$0.75 (16.9 oz.)	\$1.00

BREAKFAST PRICES FOR 2014-15

Grade Level	Reduced Breakfast Meal	Regular Breakfast Meal	Large Side A la Carte	Small Side A la Carte	Extra Fruit	Extra Milk or Juice	Bottled Water	Bottled Juices
K-3	\$0.30	\$1.25	\$1.00	\$0.65	\$0.65	\$0.40	\$0.40 (8 oz.)	N/A
4-5	\$0.30	\$1.50	\$1.00	\$0.65	\$0.65	\$0.40	\$0.75 (16.9 oz.)	N/A
6-12	\$0.30	\$1.50	\$1.00	\$0.65	\$0.65	\$0.40	\$0.75 (16.9 oz.)	\$1.00
Adult	N/A	\$2.25	\$1.00	\$0.65	\$0.65	\$0.40	\$0.75 (16.9 oz.)	\$1.00

BREAKFAST NOTE: A student may choose one of the following combinations below for it to be considered a full breakfast meal.

(PLEASE NOTE: Beginning August 2014, a fruit or juice must be taken in order to qualify for a breakfast meal price, or if you qualify for the free meal program, you will get the meal at no cost, or you will get the meal for .30 cents if you are on the reduced meal plan.)

- (A) 2 grains with a fruit or juice and choice of white or chocolate milk
- (B) 2 meat/meat alternates with a fruit or juice and choice of white or chocolate milk
- (C) 1 grain along with 1 meat/meat alternate with a fruit or juice and choice of white or chocolate milk

If only 1 or 2 food items are selected, the a la carte prices will be charged for the items even if you are on a free or reduced meal plan.

Variety:

Our buildings operate on a two week breakfast menu cycle and a four week lunch menu cycle and offer a variety of a la carte food items as well. We work hard to exceed guidelines for minimal offerings in cafeterias in an effort to offer appetizing and healthy selections for all our students.

If we can be of any assistance, please feel free to contact one of the following:

Jason Poplaski, Executive Chef at 352-259-3777 Ext. 1690 or at jason.poplaski@tvcs.org
 Sylvia Pelchat, Food Service Accounts Manager at 352-259-0044 Ext. 2252 or sylvia.pelchat@tvcs.org

PLEASE NOTE: We highly encourage you to monitor your child's lunch account free of charge on www.paypams.com. You may also make payments on this website with a credit or debit card for a fee of \$1.95 per transaction.