

Child Nutrition Program

Your Meal Program at West Valley School District

West Valley Child Nutrition - Who Are We? The Child Nutrition Department is comprised of approximately 32 employees preparing breakfast and lunch at 10 school sites.

Our Mission: to provide nutritious, quality meals that demonstrate and promote healthful life long eating habits enabling students to attain their highest level of achievement.



A department review by staff identifies the following values:

- Sense of urgency within performance
- Comfortable and open atmosphere
- Teamwork
- Maintain respect among District employees
- Flexibility and creativity



Our goal is to develop an equal, cooperative and mutually respected partnership through education of the West Valley school community, ensuring a safe, student-centered environment for eating habit development which supports the District mission.

With these values in mind, the Child Nutrition goals were established:

- Be an exemplary, visionary food service provider within the State of Washington
- Be a contributing partner in the West Valley

School District educational process



- Maintain an excellent and knowledgeable staff
- Provide outstanding customer service
- Establish financial stability
- Maintain a safe and clean food service operation

In summary, our Department Mission, Vision, Goals and Values can be summed up by our Child Nutrition motto:

“Eat Wise & Exercise”

School Lunch or Lunch from Home?

School lunch is an option that ensures your child receives a nutritionally balanced meal. Increased variety is easier to achieve through school menus while assuring parents of food safety. Also, since all meals are subsidized, school lunch is less expensive than a lunch of equal nutritional value prepared and packed at home.

Other Advantages for Participating:

Students learn good nutrition habits that provide a basis for better health throughout their lives. School lunches contain a variety of foods and offers students exposure to new foods. The better nourished student will generally have better attendance, be more attentive and have more energy to cope with school-day learning opportunities.



Students Making Healthy Choices at Lunch

Kids Who Lunch Better, Learn Better

Hungry children cannot learn. They are lethargic, irritable and have shorter attention spans. With the high cost of foods, shortage of family time, and busy morning family routine, students may be responsible to pack their own lunch which may lack quality nutrition and variety. A good school lunch is not only essential to academic achievement, it is also part of a good education. Nutrition habits and food preferences learned now will be with your student for life.

What Exactly is a Good School Lunch?

A USDA-approved school lunch provides one-third of the Recommended Dietary Allowances (RDA) for energy, fat, protein, calcium, iron, vitamin A and vitamin C. While there are different specific requirements for each age group, we plan good tasting and healthy meals that offer the required balance of meats, breads, dairy products and fruits and vegetables -- while reducing salt, fat and sugar.

Menu Planning - who does it and how? The Child Nutrition Dietitian, students, and production employees who actually plan, prepare and serve the food are involved in the menu planning process. The final drafts of the menus are analyzed to assure that the nutritional goals for each age group are met. Two lunch menus, two breakfast menus and a snack menu are routinely planned for each school day. The USDA goals for schools using Nutrient Standard Menu Planning are to provide:

- 1/4 of the RDA for breakfast
- 1/3 of the RDA for lunch
- Age appropriate calorie quantities for the breakfast and lunch meal
- Increased food variety.

Did you know that today:

- 35% of elementary-age children eat no fruit and 20% eat no vegetables on a given day.
- 34% of children 6-11 are considered obese.
- 90% of children consume fat above the recommended level

Team Nutrition provides:

- nutrition education materials for the classroom
- technical assistance for teachers
- training to school food service personnel



Together we can make a healthy difference in the lives of West Valley students.

Student Meal Account Information

The Child Nutrition Department offers a computerized meal system that provides each student with an individual account for food purchases. A student may use this account by knowing his/her unique student I.D. number.

What's a Student I.D. Number?

Upon enrollment, students are assigned a 7-digit I.D. number. This student number is used throughout their school years at the West Valley School District.

Where is Meal Service Provided?

All West Valley schools participate in the National School Lunch Program, and receive federal monies and commodity foods for each meal served throughout the school year. A breakfast program is offered at all secondary schools, Ahtanum Elementary, Mounainview Elementary, Summitview Elementary and Wide Hollow Elementary. A la carte milk is available at all elementaries, while a limited a la carte program is offered in each of the secondary schools.

How Can Lunch be Sold to Students for a Price Lower Than the Cost?

The school receives federal, state and local funds for every student breakfast and lunch meal it serves. This reimbursement makes up the difference between actual lunch costs and what the student pays. The amount of federal reimbursement paid per lunch depends on the economic need of the student. The 2009-2010 school year breakfast and lunch prices are:

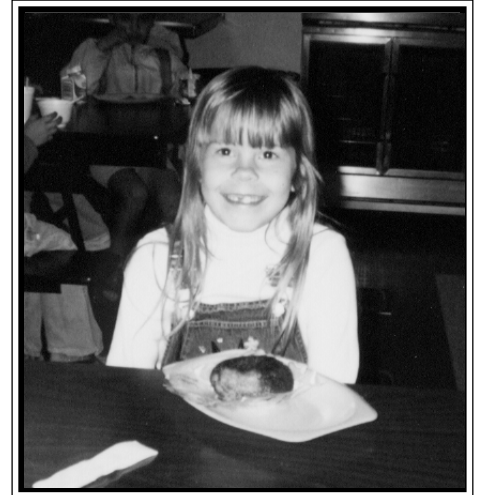
K - 5 Breakfast	\$1.25
6-12 Breakfast	\$1.50
All Grades Reduced Breakfast	\$.00
Elementary Lunch	\$2.25
Middle School Lunch	\$2.50
Junior High School & High School Lunch	\$2.75
K - 3rd Grade Reduced Lunch	\$.00
4-12th Grade Reduced Lunch	\$.40
Milk	\$.50

Parents Welcome!

When planning to visit the school for lunch, please call your building secretary in the morning to order your meal choice.

Adult Breakfast	\$2.00
Adult Lunch	\$3.25

Adult pricing is higher than student prices since the federal, state or local funds are not available for adult meals. The adult meal purchaser is required by federal regulations to pay the actual cost of the meal including district related fees. Parents are always welcome to join us for breakfast or lunch during regular serving times. All schools offer lunch at adult meal pricing. Please enjoy our hospitality.



How the Child Nutrition Program Works

What's in a Lunch?

Elementary: Elementary students are offered two main dish choices daily. Teachers ask students to select "Choice A" or "Choice B" each morning. In addition to the main dish, students may select healthy food items from a variety of breads, fruits, vegetables, dessert and a milk. These items are offered from the "self serve bar."

Students are requested not to change main dish selection during the meal service.

Secondary: Secondary school students are offered a minimum of three main entree choices. Students choose one main entree and then may select food items from a variety of healthy breads, fruits, vegetables, dessert and milk from the "self serve bar."

What's a Self Serve Bar?

Self serve bars are offered at each school. A student can choose any or all of the food items offered. Reasonable amounts may be taken by the student to match his/her appetite. Healthy choices are emphasized on the self serve bars. Our program is proud to provide some of the healthiest food selections in the state.

Are Meals Priced as a Unit or are Food Items Priced Separately?

A balanced meal provides essential nutrients. Omitting foods, such as vegetables and fruits, may lead to under nourishment and poor school performance. Buying the meal as a unit encourages students to accept and eat the complete meal and is your best value. Meal components may be priced separately -- usually more expensive. Students are encouraged to choose all meal components for a balanced meal.

What is A La Carte?

In addition to school meals, secondary schools have limited choices of a la carte items in which students can purchase extra items at an additional charge. Prices are posted for these items at each cafeteria. These items can be charged to the student's account.

A few of our a la carte items that are available at the Middle School, Junior High School and High School are:

- giant lower fat chocolate chip cookies
- frozen treats
- canned juice
- bottled/flavored water
- fruit roll-up
- confetti fries (baked fries and sweet potato fries)

Parent Notice: “Guidance Needed” - You may want to discuss with your child his/her options at meal times. Students are commonly excited about the extra choices offered especially at the Middle School level. “Extra” charges add up fast and students may need some guidance in making healthy food choices to provide a fun and well balanced meal.

Breakfast Is Important

School Breakfast is Available to All Students at Ahtanum Elementary, Mountainview Elementary, Summitview Elementary, Wide Hollow Elementary, West Valley Middle School, West Valley Junior High School & West Valley High School

What did your child have for breakfast this morning?

Mornings can be so hectic -- trying to get everyone off on time. Try school breakfast. It's fast, it's delicious, it's supervised, and it's inexpensive. (If your child receives free or reduced price lunch, breakfast is free or reduced too).

School Breakfast is for.....

- children whose parents work
- children with long bus rides
- children who prepare breakfast themselves
- children who get up late
- children who don't feel like eating when they get up
- children who want to learn and perform at their best

It's for everyone!

What School Breakfast does for children.....

- Helps them feel better in the morning
- Provides them with the energy to get through the morning
- Helps them concentrate in school....**improving test scores**

What School Breakfast can do for you.....

- save time in the morning
- promote good eating habits for your child and provides you peace of mind in knowing your children are getting the nutrients they need in order to learn

Deposits & Account Balances

How Do I Make a Deposit?

To make a deposit, send a check payable to West Valley Child Nutrition for each separate student account. **PLEASE NOTE: SEPARATE CHECKS ARE REQUIRED FOR EACH CHILD.** Write in the check memo your student's name and account number. Checks are preferred and serve as your receipt.

When making a deposit or purchase, no cash back is provided. All monies recieved are deposited to a student account, so please send only the amount you want deposited. Visa/MasterCard deposits are also available.

At the Elementary Schools, each student is provided a labeled envelope in their classroom. Deposit monies are placed in the envelope at the start of class. Envelopes are collected with daily attendance and all monies received are deposited into student's account, recording the date and amount on the envelope. It is important for you to encourage your child to take care of this task in the morning upon arrival to the classroom. This consistency helps student avoid lost or late deposits and assists school personnel in providing efficient service to all students. A late deposit or deposit made at service time slows down service to all students in the school. It may be necessary to ask students with late deposits (or service line deposits) to wait until the bulk of the lunch service is completed.



At the Secondary Schools, all deposits are made at meal service times, morning and noon meal periods. All monies recieved will be deposited into the student's account. Purchases will be subtracted from the student's account and no cash back will be given on any service line. Making change or breaking bills is not available.

Making the Purchase: After keying in the student ID number at the cash register, the student states his/her name. The staff verifies the account and then subtracts the food purchases from the account. Students that qualify for free or reduced benefits are deducted appropriately. Meal status confidentiality is maintained at all the meal registers.

How Students Check Their Account Balances

At the Elementary Schools, a low balance slip is generated every time the account balance drops below the cost of two meals. This notice serves as a reminder to students and parents that a deposit is needed for future food purchases.

At the Secondary Schools, cashiers remind students on the line when balances are low, but ultimately students are responsible for checking their account balances. Students may check their

balance at any selling period.

Can a Parent Check Account Balances?

Yes. It is the student's/family's responsibility to maintain a positive account balance. A strict policy of limiting negative balances is followed at all schools. To check a child's balance, you may either contact the Child Nutrition Office at 972-6040 or 972-6048 or register at www.mynutrikids.com to check student balances and eating history.

****What Happens When a Child is Short Money?***

At the elementary schools, the student is requested to contact his/her parent. A family member may bring monies to the school to make a deposit. If family members do not make a deposit, the student will receive a courtesy snack. This offering is intended to hold a child over until they can get home and eat. It is not meant to be a meal or replace a meal. It is a family's responsibility to provide sufficient funds to purchase a meal.

Meal Purchase Only

Upon parent request, student accounts can be limited to the purchase of meals only. We encourage you to use this as the last means to control a student account but this option is available.

Students & Special Needs

Students with special food needs may contact the Child Nutrition Office at 972-6040 for assistance.



Account Refund Upon Withdrawal

Refunds are available to students when students withdraw from the district. The parent must initiate the request for a refund by calling the Child Nutrition Office (972-6040). Upon your request, a check will be issued at the next available check issuing period (30-60 days).

Where's the Menu?

Menus are posted at each school. Watch your student newsletters for printed menus. The menu information is available through the West Valley School District Web Page (www.wvvsd208.org/cn). In calling the Child Nutrition Information Line at 972-6042, you can get weekly information on what is available for school lunch.

Credit Card Deposits

Options to make a Credit Card Deposit

- **Online Deposits** - go to www.wvvsd208.org/cn or www.mynutrikids.com (allow 24 hours to process your credit card deposit; Pay Pal transactions take 5 - 7 business days to process). You will need your child's 7-digit I.D. number to register online. If you don't have it, please feel

free to contact our office at 972-6040 or 972-6048 and we will gladly provide you with the information you need.

- **Call in Visa/MasterCard Deposits** - parents can call in Visa or MasterCard deposits starting Monday, August 17th to ensure that their child(ren) have money in their lunch accounts when school starts. **There is a minimum \$20.00 deposit/child. 10:00 a.m. is the Call-In Deadline** during the school year for same day deposits. Call 972-6040 or 972-6048.
- **Auto Visa/MasterCard** - with a current Visa or MasterCard account on file in the Child Nutrition Office, parents can fill out the Auto Visa form so that their child(ren)'s accounts are automatically refilled each time their account gets low with a designated amount determined by the parent.

Free & Reduced Program (NEW APPLICATION REQUIRED EVERY YEAR)

To apply for free or reduced meals, complete **one application per family**. Each household receives these forms in the mail the first week of August. You may also pick them up at any of the schools or Child Nutrition Office, complete the form, then bring it in or mail it to the Child Nutrition Department. A new free and reduced application is required every school year. There is a 30-day grace period from the previous school year to complete and send in your application. After the 30-day grace period, if we have not received your new free and reduced application, your child(ren) will go to full pay status.

If you qualify for meal benefits, your child(ren) will be **eligible for** free or reduced priced meals for the **breakfast and lunch programs**. The free or reduced status applies to meals only. To qualify for the program, the student must accept a meal. The student is not eligible to use their free or reduced status for the purchase of a la carte items such as milk. **PLEASE NOTE: If a student is on free or reduced meal status and only accepts milk rather than a complete meal, the milk is not free and the student will be charged .50¢.**

We hope we have educated you about the West Valley Child Nutrition Program. Questions about the meal program can be directed to our office during our regular office hours (8:00 a.m. - 2:30 p.m.).

Important Child Nutrition Phone Numbers

Main Office	972-6040
Visa/MasterCard Deposits	972-6040 or 972-6048
Free & Reduced	972-6048
Catering	972-6040
Information Line	972-6042
(Lunch Menus & Lunch Prices)	

For more detailed information on the Child Nutrition Program,
please go to our website at:

www.wvsd208.org/cn