

FOOD SERVICE – Elizabethtown Ind. Schools
Morningside/TK Stone-Helmwood Elementary-Valley View-
Panther Academy
BREAKFAST AND LUNCH.....NO COST FOR ALL STUDENTS!!

“We are the BEST deal in town!”

Welcome back Elizabethtown Ind. School students. We hope you have had a great summer! The Food Service staff is looking forward to seeing each of you every day. Our school meals will continue to be a great value and a huge convenience for our busy families. We are dedicated to serving nutritious meals as a means of helping our students become college and/or career ready. **FEEDING BODIES AND FUELING MINDS!!!**

Elizabethtown Ind. Schools Food Service is pleased to announce the implementation of the Community Eligibility Provision (CEP) as part of the National School Breakfast and School Lunch Program. CEP is a Federal program through the USDA and part of the Healthy Hunger-Free Kids Act. All Elizabethtown Ind. School students **at the above schools** will be offered a nutritious breakfast and lunch each day at **NO COST**, regardless of eligibility status.

Offering meals at no cost to all students means that schools no longer have to collect unpaid meal fees from families or cover the cost for meals served when children do not have money to pay. Removing this dynamic between families and schools allows school nutrition staff to focus more on preparing and serving healthy meals to children, cafeteria lines will move even faster, eliminates a significant financial burden for school districts and families and will bring greater participation in the program.

For students to get a free breakfast and lunch, students **MUST take a full meal.** With the implementation of CEP, no charging will be allowed. Students must have money in-hand or in their meal accounts to purchase any extra or ala carte items. Cashiers will guide students to get a complete meal so there is not a charge.

To help us keep this program in place, it is extremely important that the Green Household Income Form be completed by each household. You will receive this form in the student information packet that will be sent home with your child or you can also obtain this form at your child's respective school. Only one form per household needs to be filled out.

How Elizabethtown Ind. Schools Breakfast and Lunch Programs benefit our students:

- Eating a school breakfast helps improve math, reading and standardized test scores
- Students who eat school breakfast are more likely to behave better in school
- School breakfast helps students pay attention, perform problem-solving tasks and improves memory
- Students who eat school breakfast are likely to have fewer absences and incidents of tardiness
- Students who eat school breakfast AND school lunch get more important nutrients, vitamins and minerals such as calcium, dietary fiber and protein
- Students who eat school breakfast AND lunch on a regular basis are less likely to be overweight and are more likely to establish long lasting, healthy eating habits
- School breakfast AND school lunch provides 2/3 recommended daily servings of fruit, whole grains, milk and calories needed for lasting energy

Elizabethtown Ind. Schools Food Service Program is accredited in meeting the **Healthy Hunger-Free Kids Act (HHFKA) 2010**. The federal nutrition standards have been implemented to ensure that meals are healthier, well-balanced and provide students the nutrition they need to succeed at school.

School meals offer daily:

- ✓ Variety of fruits
- ✓ Variety of vegetables, including dark/leafy greens, red/orange & legumes
- ✓ Whole-Grain rich items
- ✓ Low fat/low sodium restrictions
- ✓ Fat-free/1% milk
- ✓ Age-appropriate calorie limits/portion sizes
- ✓ ≤10% saturated fat
- ✓ Zero grams trans fat

Elizabethtown Ind. Schools Food Service menus are located on the District webpage at www.etown.kyschools.us . Menus will also be sent home with each student during the first week of school. **Menus are also available on www.mealviewer.com** . On your PC or on your smart phone.