

Nutrition

School Meals at Bondurant-Farrar Community School District

The Bondurant Food Service Department is dedicated to offering nutritional, healthy meals. Student meals are carefully planned using federal guidelines set by the USDA. Each meal, when averaged over a week, provides Students with 1/3 of the Recommended Daily Allowance (RDA) for lunch and 1/4 of the RDA for breakfast, (portion sizes are regulated by the USDA guidelines for School lunch) according to the current dietary guidelines for Americans. All meals at each school building are set-up as offered vs. served, which means the student must select at least 3 and no more than 5 of the meal components offered. (Side orders of any components may be purchased "Ala-Carte" at the Middle/High School for an additional charge). All ala-carte profits go directly back into the nutrition department fund and this allows the department to be able to purchase new tables, trays, and food service equipment.

Each student can choose 3 out of the 5 items offered or they can pick all 5 items if they choose. This allows students some flexibility of declining some of the foods offered at breakfast or lunch, while still allowing us to serve the students a reimbursable meal. Each student must have 1/2 cup fruit or vegetable on their tray for a reimbursable meal.

The goal is to encourage students to select foods that they prefer to eat and reduce plate waste. We hope this increases the consumption of fruits and vegetables as students can choose what they like and are allowed to have as much fruit and vegetables as they wish within reasonable amounts.

Our Meals Meet the New USDA Nutrition Standards

- 50% of the foods must be whole grains
- Hamburger & hot dog buns contain 100% whole grain flour
- All foods contain reduced total fat and 0 trans fat
- Canned fruit is packed in natural juice or light syrup
- Fresh fruits and/or vegetables are offered daily at all schools
- Yogurt or other vegetarian entrees are offered daily
- Fat free or 1% milk (flavored milk must be fat-free)
- Less Sodium
- A wider variety of vegetables, including dark & red/orange vegetables & legumes
- Ala-Carte, vending & fundraising within the school day are compliant with the Iowa Healthy Kids Act
- Age appropriate calorie limits
- Visible signs are posted so students know how to build a healthy lunch & breakfast!!!

Meal Requirements

Schools across the United States offer meals to students that meet the reimbursement guidelines from the USDA. School meals are priced as a unit.

To get the most for your money, we strongly recommend your children purchase a complete meal.

For Breakfast Student May Choose

- 1 serving milk (1/2 fluid pint milk)
- 1 serving 4 oz., juice or fruit
- 1 or 2 servings grain/meat/meat alternative, which includes the daily entrée

If Students choose at least 3 components (milk, fruit, grain and/or meat/meat alternative), their breakfast will be \$1.85. If they choose only 2 components, we must charge each item separately, as the Selections don't fall under the USDA guideline. Free and reduce price students must take a reimbursable meal.

Example

Breakfast Menu-Student Selects

Toast OR Toast
Yogurt Yogurt
Juice Milk
Milk Fruit
Cereal (These are reimbursable breakfasts)

For Lunch Student May Choose

- 1 serving milk
- 1 serving fruit
- 1 serving vegetable
- 1 serving grain
- 1 serving meat/meat alternative

If students choose at least 3 components (milk, fruit, vegetable, grain, meat/meat alternative) with one being a fruit and/or vegetable (1/2 cup minimum), their lunch will be \$2.55 at the elementary buildings, \$2.80 at the middle school and \$2.85 at the high school. Our policy is that all students must take a reimbursable meal before being able to buy extras or ala-carte items which are sold at the middle and high school level.

Example

Lunch Menu-Student Selects

Cheeseburger OR Cheeseburger
Whole Grain Bun Whole Grain Bun
Romaine Salad Apple Slices
Tomato Slices Milk
Apple Slices (These are reimbursable lunches)
Milk

Food Allergy Information

If your child has a disability or life threatening food allergy and you would like a substituted menu, you need to obtain a [Diet Modification Request Form](#) for foods served by calling the school nurse or print off the form that is attached. This form will need to be signed by a physician licensed by the State of Iowa and returned to the nurse at the school that they attend. Requests must be submitted annually and updated by the physician annually. The Nutrition Department will make every effort to try to accommodate within our means.

Student Meal Accounts and Negative Balance Policy

The Bondurant-Farrar Community School District Food Service program is a self-operating program. In order to maintain low cost meals for all students we must keep charging of meals to a minimum (negative lunch balances).

Each student has a computerized meal account. Parents can pre-pay money into the student's meal account. During meal service, students enter their PIN number at the cash register. Your child's picture

will show up so food service staff can verify their identity. All students will need to memorize their 4 digit number. The computer records the meal and deducts the appropriate amount from the student's account. To keep meal prices reasonable, the Food Service Department closely monitors student accounts to prevent negative balances and charges. Here are some of the services we provide to parents to ensure their child has adequate funds for meals.

- An e-mail of account status is sent home if the balance falls below \$10.00
- Personal phone calls home from the school district are made weekly.
- On-line prepayments with debit/credit cards can be made at the Bondurant-Farrar website through the Infinite Campus RevTrak Link.
- Parents may monitor student accounts from any computer or smartphone if they have activated their Student/Parent Portal account on Infinite Campus.
- Cash/check payments are accepted at your child's school office prior to 10 a.m. each day.
- MS/HS students may pay cash at the checkout for ala-carte items.

Breakfast and Lunch Policy

Please make every effort to keep your children's lunch account positive. Your child is only allowed to "charge" 2 meals. If your account is negative \$5.00 for a single student or \$10.00 for a family account, then the secretaries at the MS/HS buildings will contact your child in school about the negative balances.

Negative Balances

Parents with accounts in arrears will be asked to send a sack lunch from home until negative balances are taken care of or a payment plan schedule is arranged and adhered to.

Negative balances will be carried over to the following school year. These negative balances need to be taken care of upon registration to the new school year or before graduation if a senior.

Procedures for Collecting Overdue Lunch Money

The automatic e-mails that are sent out before accounts have a negative balance are sent out when the account is \$10.00 or below for each person on the account - i.e. if there are 3 people on an account it would send out a note at \$30.00.

1. When accounts reach - \$20.00 letters are mailed out via USPS.
2. When an account reaches - \$30.00 or more parents are called and given 5 business days to send in lunch money.
3. If they do not send in money in that time they will receive an e-mail letting them know they have 3 business days to have a positive balance on their student's lunch account or they will receive a meat sandwich, apple and milk at the elementary level until the account is brought up to a positive balance, they will still be charged for the sack lunches they receive from the school.

At the middle/high schools they will have 3 business days to have a positive balance on their account or they will be cut off from charging any more meals/ala-carte to their account.

Parents are welcome to have lunch at any of the schools. If planning on eating at the elementary school, please let the school secretary know by 9:00 a.m. so that we can plan on additional food preparation.

Thanks so much for eating school lunch! If you have any questions, please feel free to contact David Walker, Nutrition Director at 515-967-3711 ext. 3403 or walkerd@bfschools.org

Meal Pricing

Breakfast:	\$1.90
Adult:	\$2.00
Reduced Breakfast:	.30¢
Elementary Lunch:	\$2.65
Middle School Lunch:	\$2.85
High School Lunch:	\$2.85
Adult:	\$3.75
Reduced Lunch:	.40¢
Extra Milk:	.50¢

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Washington, D.C. 20250-9410
2. FAX: (202)690-7442
3. E-mail: program.intake@usda.gov

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