



**CENTRAL FOOD SERVICE  
2018-2019**

***“Caring...Sharing...Learning Through Nutrition”***

**Nutrition Standards:** Under the Healthy Hunger Free Kids Act (HHFKA) GCPS continues to meet tough federal nutrition standards for school meals. We are ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school meals!

Some HHFKA Nutrition requirements include:

- Fat-free or 1% milk (flavored milk must be fat-free);
- Larger servings of vegetables and fruits (students **must** choose at least one serving);
- Greater variety of vegetables, including dark green, red/orange and beans/legumes;
- Less sodium
- All grains will be Whole Grain Rich(WGR);
- Breakfast will include 2 fruit servings (juice and fresh fruit)
- All snacks(a la carte) will comply with the “Smart Snacks in Schools” standards:
  - All beverages will be 100% juice or water (no added sugars);
  - Food items will be WGR;
  - Contain 10% of the Daily Value(DV) of a nutrient of public health concern (ie., calcium, potassium, vitamin D or fiber);
  - Have  $\leq$  35% calories from total fat;
  - Have  $<$  10% calories from Saturated fat;
  - Have  $\leq$  35% of weight from total sugar;

**Free and Reduced Meal applications are available online or in your school’s office. Also, applications will be sent home with every student on the first day of school. You must fill out a new application every year.**

2018-2019 Meal Prices

	Reduced	Elementary	Middle	High
Breakfast	\$0.30	\$1.15	1.20	\$1.30
Lunch	\$0.40	2.20	2.30	2.40

**As mandated by the Healthy, Hunger Free Kids Act 2010, All School Districts participating in the National School Lunch Program are required to increase lunch prices to compare with the reimbursement rate of free lunches.**

## GCPS Online Menus

**NUTRISLICE:** In an effort to maintain GCPS's go green initiative, our menus are now online. You will be able to see the nutrition facts of all menu items, by simply clicking or hovering over that item on the menu. Our powerful online menus come with an allergies filter tool that helps students & parents quickly identify foods with specific ingredients; the filter will mark out those foods the students should avoid. You will also be able to rate your favorite items and give constructive feedback to help make our meals the best they can be. You can access our menu with all these wonderful new features at [www.gc.nutrislice.com](http://www.gc.nutrislice.com)



**My School Bucks** is a great tool to access and manage your student's lunch account online. It is **FREE** to register. You can monitor your student's account balance and purchases. You will receive low balance reminders to the email address registered. You can also add money to your student's meal account(s) for a \$2.50 per child processing fee. As always, you can send in a check or cash at no extra charge to replenish your student's account. Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) to register.

**Employment Opportunities:** Are you looking for something to do while your kids are in school? GCPS Cafés have part time and/or substitute employment opportunities. You can apply online at Gloucester County Public School's home page or for more information call 693-3585.