

We're going GREEN next year!

Our Wellness Committee is always looking for new members. If you have a fresh and innovative idea you'd like to share with our group, please contact Deb for information on our next meeting and come be part of the fun!

Just for fun...

What's the worse part of being an octopus??

Washing "all" your hands before meals!



Tasty Tidbits

WHITEHALL CENTRAL SCHOOL DISTRICT
DEB MACKAY, FOOD SERVICE DIRECTOR JUNE 2019

School Café News— Parent Info

Important information for you!

New legislation has been passed that beginning September 2019 all students that are determined to be reduced cost eligible (based on income applications), will eat for FREE and NYS will reimburse the District for the \$.25 cost of these meals. **You MUST fill out an application to determine eligibility.**

- PLEASE note that if your children were FREE or Reduced eligible this school year their eligibility will carry over for the first 30 school days in September and then will **expire automatically on October 18, 2019, UNLESS you fill out a new free/Reduced meal application.** New 2019-2020 free/reduced applications will be mailed to each home in Mid August, please be looking for these and fill out and send in as soon as possible so your children will not start the new school year accruing negative meal account balances.
- The National school Lunch program is a federally operated program, and we must follow the USDA guidelines to ensure that students are receiving the proper nutrition to learn. In addition, we must follow the guideline regarding charging and negative balances.
- ALL students will be provided a full reimbursable meal even if they have no funds available on account and parents will be notified of the charges. NO student is permitted to charge ala carte or snack items. Negative balance letters and robo calls will be made regularly to keep parents aware of meal accounts that are in the negative.

Whitehall Central School District participates in a pre-payment system for the purchase of meals. Parents may log onto www.MySchoolBucks.com (1-855-832-5226) and create a secure account which will allow pre-payment of meals. You will need your student's ID number to open a new account. This is an efficient way of assuring your students have access to funds for meals. Each student is assigned a unique ID number that they own until they graduate. Check and money order pre-payments are also encouraged. Parents have the privilege of placing notices on student accounts to allow the cashier to know if they have permission to purchase ala carte and snack items. This helps parents to manage meal account funds.

Free and Reduced meal applications may be submitted at anytime during the year.

If your families financial status has changed, contact Deb Mackey, FSD and fill out a new application. Call 518-499-1770 ext 2013 or email at dmackey@railroaders.net



Parent to Parent

Cut back on processed foods. Most prepackaged and processed foods have higher sodium and sugar than fresh ingredients.

Encourage your students to get fresh air, exercise and stay hydrated this summer. Kids bodies need to be fueled with nutritious foods and water to function and grow.

We have a NEW Salad Bar in both schools!

The Salad bar is included in all entrees purchased at lunch time and there is **NO extra charge** for it! If your student does not want the vegetable that is offered on the daily special menu, they may choose to go to the salad bar. We offer a variety of fresh crisp greens including, romaine, mesclun and baby spinach, tomato, cucumber, celery, carrots, red onion, radish, mushrooms, broccoli, and both fresh and canned fruits. Roll and margarine are

NEW Daily DELI Bar Introducing Boars Head Products

In addition to the hot entrée on the menu, and the daily Grab 'N Go entrees, we now offer a made to order deli line. Which will feature a **NEW line of Boars Head low sodium meats and cheeses**. Students have choice of bread, Kaiser roll, sub roll, wrap or flatbread, roast turkey, baked ham the salad special of the day (chicken, egg, ham, seafood or tuna salads), choice of American, Swiss or provolone cheeses, lettuce, tomato, red onion, and banana peppers. Mustard, mayo, cranberry mayo also offered!



A Bang for your Buck!

Four meal components are offered at breakfast (2 whole grains, or 1 grain and 1 protein, fruits or veggies and milk) Students must choose 3 of the 4 for a reimbursable meal and one of those **MUST** be a fruit or veggie. **FULL Breakfast cost is \$ 1.25 for all components.**

Five meal components are offered at lunch (whole grains, protein, fruits veggie and milk) Students must choose 3 of the 5 offered components for a full reimbursable meal and one of those **MUST** be a fruit or vegetable.

FULL Lunch cost for K-5 students is \$ 1.75. The cost for 6-12 is \$ 2.00 for all components

School Districts rely on reimbursements from state and federal government to make our meal programs sustainable so students are encouraged to **“make it a meal”** and take all offered meal components. The best nutrition is offered taking all offered items.

Many USDA Smart Snack school approved ala carte items that follow the Alliance for a Healthier Generation are also available daily

Do You Know Our Fabulous Lunch Ladies?

Gail Lavoie—Head Cook Jr Sr High School

Deb Dunbar—Assistant Cook

Betty Terry—Food Service Helper

Becky Westerman—Food Service Helper

Charity Davis—Food Service Helper

Misty DiResta—Food Service Helper

Christine Stark—Head Cook in the Elementary School

Jodi Eddy—Assistant Cook

Danielle Holman—Food Service Helper

Jessie Westerman—Food Service Helper

Heather Daniels—Food Service Helper

Aya Greenough—Food Service Helper

Deb Mackey, Food Service Director

Master Instructor-NYS Office of Child Nutrition

Secretary- Tri-County School Nutrition Association

Certified ServSafe Instructor and Registered ServSafe

Examination Proctor

Would YOU or your student like to be part of a menu planning committee?

See Deb or call 518-499-1770 ext 2013

Farm 2 School Initiative

NYS has a new program to encourage school Districts to make every effort to purchase as many products as possible that are grown, harvested or minimally processed from NYS. The guidelines are strict, requiring items to be at least 51% NYS product, and from approved farmers and growers.

Purchases of all lunch meals that include qualifying products are to be specifically documented by Food Service Directors in the 2019-2020 school year. If we meet the goal of at least 30% total costs for NYS products (for lunch meals only), Districts will receive an additional \$.19 in lunch reimbursements beginning in the 2020-2021 school year.

Many people do not realize that the National School Lunch Program is an entity that needs to fund itself. (self-sustaining) Our goal is to provide the best quality products to keep student satisfaction high (while trying to keep the cost as low as possible) We hope that you will encourage your students to eat in the Railroader Cafes. Securing the revenue from state and federal reimbursements is what will help fund the National School Lunch Program. We appreciate your support!

DID YOU KNOW ? The School Breakfast Program is available daily and

part of the National School Lunch Program!

The Free / Reduced meal eligibility applies to school breakfasts too!!!

Tell your children to start their day the nutritious way!!

The Jr-Sr High has a NEW Grab 'N Go Breakfast Kiosk. Students can take their breakfast to 1st period class so, no excuse about lack of time to eat!



The Summer Food Service Program (SFSP) is a federally-funded, state-administered program. The SFSP reimburses providers who serve healthy meals to children and teens in low-income areas at no charge primarily during the summer months when school is not in session. The SFSP which are physically **closest to Whitehall Central Schools** are as follows:

Whitehall Rec Center

Williams Street
Whitehall, NY 12887
Phone: 518-499-1280
Dates: 7/1/19—8/30/19
Meals: Lunch Mon-Fri 12:30 pm

East Field Playground

Haskell Avenue
Glens Falls, NY 12801
Dates: 7/1/15 – 8/14/15
Phone: (518) 793-0636
Meals: Lunch: Mon - Fri 11:45am – 12:15pm

Hudson Falls Primary School

47 Vaughn Road

Hudson Falls, NY 12839

Dates: 7/6/15 – 8/14/15
Phone: (518) 747-2121
Meals:

Breakfast: Monday through Friday; 7:45am – 8:30am

Lunch: Mon Fri 11:30pm – 12:15pm

More information may be found online at: http://portal.nysed.gov/portal/page/pref/CNKC/SFSP_pp or by calling 1-800-522-5006

North Country Ministry

3933 Main Street
Warrensburg, NY 12885
Phone: (518) 786-3691 ext. 224
Dates: 6/29/15 – 8/28/15
Meals: Lunch: Monday through Friday; 11:30am – 12:30pm

Ticonderoga Elementary School

116 Alexandria Avenue
Ticonderoga, NY 12883
Dates: 7/8/19—8/16/19
Phone:
Meals: B'fast 7:30-8:15 am, Lunch 11—noon

Student Food Show-Hosted By Tri County Food Service Directors

On November 6, 2019 at the Elks Lodge in Greenwich, the Tri County Directors will be hosting a food show for students from the Tri County District to attend. We are hoping that each District will bring 6 to 10 students who will have an opportunity to taste test new products we are considering purchasing. A number of food brokers affiliated with our vendors will be offering samples of new items and recipes for districts to try. After tasting, students will vote and be surveyed on their preferences. Food Service Directors will honor student choices when planning future menus. Students will be asked to fill out a questionnaire about their experience and what they gained for knowledge on this field trip. What a great way to engage our student body and to give them a chance to be part of Food Service Decisions!

Nondiscrimination Statement: This explains what to do if you believe you have been treated unfairly.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.