1. **How are the menus planned?**

Menus are planned to provide students an opportunity to select nutritious foods that they will both enjoy eating and contribute to good health. Multiple choices are offered in every school setting. Choices increase as students advance from elementary through middle school, to high school. Standardized recipes are utilized to ensure that all customers receive appetizing, high quality meals prepared using food safety practices for preparing and serving food. A registered dietitian plans and evaluates menus to meet the 2010 Dietary Standards for Americans.

2. **Are school meals healthy?**

Yes! Menus are required to meet the 2010 Dietary Standards for Americans for key nutrients and calories for growing children. There are no fryers in any CCS school. All foods served are steamed or oven baked to assure no additional fats are incorporated into the product. A variety of fresh fruits and vegetables are available daily in every school. The Government Accounting Office (GAO) reports that “children who eat school meals consume more fruits, vegetables, whole grains and dairy items than children who do not eat school meals.”

3. **Can schools serve anything they want?**

Carmel Clay Schools participate in the government National School Breakfast and School Lunch Programs and must meet the meal pattern requirements and 2010 Dietary Guidelines for Americans. A basic meal provides the following:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 breakfast entrée</td>
<td>1 serving of meat</td>
</tr>
<tr>
<td>1 serving of fruit/veg or 100% juice</td>
<td>1 serving of fruit</td>
</tr>
<tr>
<td>1 milk</td>
<td>1 serving of vegetable</td>
</tr>
<tr>
<td></td>
<td>1 serving of bread</td>
</tr>
<tr>
<td></td>
<td>1 milk</td>
</tr>
</tbody>
</table>

Students must take a serving of fruit or vegetable. Breakfast is designed to supply approximately ¼ of the protein, calcium, iron, vitamins A and C on average over the course of the week needed by the body. Lunch is designed to supply approximately 1/3 of the same nutrients. The nutritional value of the meals is evaluated over a period of a week rather than judged on a single meal or food item. USDA has daily and weekly minimums and maximums for fat, saturated fat, sodium and calories.

The sale of Foods of Minimal Nutritional Value (FMNV) is prohibited in the food service areas during the school meal periods per federal meal program regulations. New regulations are forthcoming that will limit any food product offered or sold at any time during the school day.

4. **How are portion sizes determined?**

The government regulates the minimum size servings of the basic meal. Serving sizes are adjusted to meet the nutritional needs of students according to age. Meal prices are calculated based on the recommended serving sizes.
5. **What are commodities, and are these high quality?**
Commodities are allocated by the USDA and ordered by schools depending upon availability. Commodities must meet high quality specifications as do all CCS food purchased. Commodities are offered at a reduced cost to school corporations. This allows the department to keep food costs down and, keep meal prices reasonable. Additional food items are purchased through recognized leaders in the food service industry.

6. **How is the food service department funded?**
The school food service budget is a delicate balance between income and expenditures and is not-for-profit. The program is funded by breakfast and lunch payments and federal reimbursement dollars and commodity foods. These funds must stretch to cover ever escalating food costs, repairs, replacement and purchase of equipment, salary and benefits, supplies, laundry, and training of staff. The food service program does not receive money from the general fund.

7. **Why purchase a school meal?**
   a. Nutritious meals reflect the 2010 Dietary Guidelines
   b. Food is prepared and served in a food safe environment
   c. Cost is less than bringing an equally nutritious meal from home
   d. Several choices are available daily

8. **How are meal payments made?**
The food service department uses a computerized meal payment program. Prepayment is encouraged at [www.mypaymentsplus.com](http://www.mypaymentsplus.com) and is available at No Cost to CCS families. Prepayments for meals may be made for any amount online (by credit/debit card or echeck) or through the food service manager in each school (by check or cash). Prepayment is encouraged as this expedites the service to students through the serving line, allowing more time to eat. Elementary students are identified by their name, teacher and school picture and secondary students use their student identification card.

9. **Why is pricing different for adults and guest meals?**
The food service program receives varying amounts of reimbursement for each student meal it serves; however, no funds are received for adult/guest meals. As a result, an adult/guest is charged pricing which reflects the actual cost of the meal.

10. **Can my child purchase extra items?**
The school meal program sells extra items such as milk, fruits, juices, extra entrees and a few additional healthier snack items to students. Money to cover the cost of the additional items must be in your child’s account for them to purchase a la carte items at any grade level. If you do not want your child to purchase additional items, please let the food service manager at your school know, and she can place a limit on your child’s account.