

ELIZABETHTON CITY SCHOOLS

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SCHOOL NUTRITION INFORMATION FOR 2011-2012 SCHOOL YEAR

We look forward to serving your children during the upcoming school year. Our goal is to provide nutritious meals in a relaxing, friendly atmosphere. Children who eat better live healthier, learn easier and play harder.

Did you know?

- We are working toward healthier menus by offering more whole grains, reduced fat items, lower sodium items and overall better food choices while trying to maintain child-friendly menus
- We bake foods instead of frying
- We use little or no butter, margarine or salt
- We offer fresh fruits and vegetables as often as possible
- We only offer fat free and 1% milk (white or chocolate)
- Water fountains are located in all cafeterias
- We offer low fat, low sugar, low sodium snacks in our elementary and junior high schools

Please complete a free/reduced meal application if you feel you might qualify for free or reduced meals. There is an income eligibility chart in the packet that shows the income limits for free or reduced meals. **Students who are approved for free or reduced meals are treated no different than students who pay full price.** All students are assigned a PIN number which they use when they receive a meal. Paying students usually maintain a balance in their account, so they usually go through the line without money the same as free students. If your child is approved for free or reduced meals, they are eligible for lunch **and** breakfast. You can apply for free or reduced benefits **at any time during the year, even if you were denied the first time and your income or household size changes.**

We encourage your children to have **breakfast** at school. Starting the day with a nutritious breakfast helps students stay alert and perform better at school. We offer breakfast at **all of our schools**. The cafeteria doors open 30 minutes before the beginning of the school day.

After three years at the same prices, it was necessary to increase our lunch prices for the 2011-2012 school year. Elementary lunch will cost **\$2.00**, junior high lunch will cost **\$2.10**, and high school lunch will cost **\$2.25**. Breakfast prices will remain the same at **\$1.25** for elementary, **\$1.35** for junior high and **\$1.40** for high school. Reduced price meals are **\$.30** for breakfast and **\$.40** for lunch. Our program is self-supporting. We receive funds from USDA and from student payments. Last year we extended a generous amount of credit to students who forgot to bring money. In order to keep costs down for paying students, it is important that all charges be paid in a timely manner. Charge notices are sent home with students on a weekly basis.

If your child attends an elementary school or junior high and you wish to place money on your child's account (free, reduced or paid) for **extra food, milk or snack items**, you may do so. Please complete the **permission form** provided in your packet and return it to your child's school cafeteria.

You are welcome to have lunch with your child. Please notify the cafeteria manager by **9 a.m.** on the day you plan to eat. Adult visitor lunch costs \$3.25.

We hope to make your child's lunchroom experience something they look forward to each day. If you have questions about the School Nutrition Program, please call Mary Ann Williams at 423/547-8000, extension 8216.

Thank you for supporting our program. Have a great year!