



Child Nutrition Information

by: Wendy Tucker

The QSD cafeterias serve about 2300 meals combined per day. That's a lot of food, but the Child Nutrition Staff is here to serve it up! All meals served in our cafeterias have to meet the standards of USDA or it doesn't count. Parents can be sure that their children are being offered a balanced meal daily. The weekly fat averages are no more than 30% total, less than 10% saturated, and 0% Trans fat. QSD offers both breakfast and lunch meals daily. Studies show that children who eat school meals eat more fruits and vegetables than those that don't.

Our menus include several fruit and vegetable choices daily, and all students must have *at least one* serving of fruit *or* vegetable on their tray in order to get lunch or breakfast. In accordance with the Healthy Hunger-Free Kids Act, all of our grains are 80 % whole grains, and all of our milk items are 1% milk fat or skim. The healthier our students are, the better they are ready to learn.

Make sure your children are eating a breakfast before coming to school or is on time to eat breakfast at school. This makes sure that your child is listening to the teacher and not a growling stomach. Encourage your child to take advantage of a quick, economical, but good for you breakfast and start the day right.

Free and Reduced Application Information

Quitman Lower Elementary, Quitman Upper Elementary and Quitman Jr. High Schools all qualify for the USDA Community Eligibility Provision (CEP). Students at these three buildings do not have to fill out a meal application.

All students that attend **Quitman High School will need** to fill out a new meal application unless you receive a letter in the mail prior to or on the first day of school stating that you don't. Make sure all of your children are listed on your preapproval letters regarding school meals or some could be paying full price.

All students that received free or reduced meals and were enrolled in the QSD on the last day of the school year will continue receiving free or reduced meals until a **new form has been processed (if required)** or through the **first thirty days of the new school year**. Returning students will receive a new form on the first day of school. All families that wish to continue receiving free or reduced meals must turn in a new form before the thirty days is over (Sept. ^{14th}). If a new form is not received prior to September ^{14th}, the student will have to start paying full price for meals until a new form is received and processed.

You may not have to fill out an application if you receive SNAP. *If you receive a letter* stating your children are already approved, **do not fill out a new application**. Check to make sure all students are

listed and call us if you have students that are not on the letter. For more information call the Child Nutrition Office at 601-776-2186.

All families that qualify for free or reduced meals should apply. If you pay Federal Taxes, you have already helped pay for school meals. Students that receive free or reduced meals are not identified by special numbers or codes, so only the computer system identifies each student.

New students will be able to fill out a form prior to first day of school. Forms are available at school offices, the District Central Office, and a form can be printed from the school web site.

Use this scale to determine if you should fill out an application. Incomes at or below these levels will at least receive reduced meals.

Authority: Section 9(b)(1) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(b)(1)(A)).

INCOME ELIGIBILITY GUIDELINES
[Effective from July 1, 2018 to June 30, 2019]

Household size	Federal poverty guidelines	Reduced Price Meals—185%					Free Meals—130%				
		Annual	Monthly	Twice per month	Every two weeks	Weekly	Annual	Monthly	Twice per month	Every two weeks	Weekly
48 Contiguous States, District of Columbia, Guam, and Territories											
1	12,140	22,459	1,872	936	864	432	15,782	1,316	658	607	304
2	16,460	30,451	2,538	1,269	1,172	586	21,398	1,784	892	823	412
3	20,780	38,443	3,204	1,602	1,479	740	27,014	2,252	1,126	1,039	520
4	25,100	46,435	3,870	1,935	1,786	893	32,630	2,720	1,360	1,255	628
5	29,420	54,427	4,536	2,268	2,094	1,047	38,246	3,188	1,594	1,471	736
6	33,740	62,419	5,202	2,601	2,401	1,201	43,862	3,656	1,828	1,687	844
7	38,060	70,411	5,868	2,934	2,709	1,355	49,478	4,124	2,062	1,903	952
8	42,380	78,403	6,534	3,267	3,016	1,508	55,094	4,592	2,296	2,119	1,060
For each add'l family member, add	4,320	7,992	666	333	308	154	5,616	468	234	216	108



Quitman High School Meal Prices

PRICES FOR 2017/2018 SCHOOL YEAR

Reduced Breakfast	\$.30
Reduced Lunch	\$.40
Student Full Paying Breakfast	\$1.25
Student Full Paying Lunch	\$2.75
Adult Breakfast	\$1.85
Adult Lunch	\$3.50

Student Meal Charging Policy

All students that are supposed to pay for their meals will be responsible for charges to their accounts. All students are allowed to deposit money into their meal account. If your children pay for their meals please make sure they have money in their accounts. Call your child's cafeteria if you're not sure if your child has enough money for meals. We accept checks, and cash. You may go by the QSD Central Office and make a payment. Parents be aware that there will be a charge for all returned checks.

Each school has a School Health Council (SHC), and students, parents, and all school staff can be a part of this. SHC's meet to review what is being done, and what can be done to keep our students safe and healthy at school. School recess, foods sold to students outside of the cafeterias, playground safety, nutrition education, and physical education are areas that the SHC's review each year. Call Wendy Tucker at 601-776-2186 for more information about the SHCs and get involved at your child's school.

If any questions call: 601-776-2186 and ask for Child Nutrition.

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- (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.

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