

CAYUGA INDEPENDENT SCHOOL DISTRICT

FOOD SERVICE DEPARTMENT

October 28, 2020

Dear Wildcat Parents,

As we prepare to begin the third six weeks grading period of this 2020-2021 school year, our students' health and achievement remain top priorities at Cayuga ISD. The school's commitment includes doing all we can to ensure that our students have access to wholesome, nutritious food.

In alignment with Cayuga ISD's priorities, the school has qualified for a program currently offered through the United States Department of Agriculture that will result in meals being provided for all Cayuga ISD students at no cost to your family. **So, beginning on Monday, November 2, all Cayuga ISD students will be able to receive both breakfast and lunch at no cost.**

Meal Service Information:

- Each school day, breakfast and lunch will be available for all children who are 18 years old or younger.
- Meals will be provided for students with disabilities who are 21 years old or younger.
- Parents of quarantined students may also pick up "Grab and Go" meals for their children on each school day from 10:00 a.m. until 10:30 a.m. In order for "Grab and Go" meals to be prepared for quarantined students, parents will need to inform the school's Food Service staff in advance of their intent to participate in this program.

Additional information about student meals is posted on the "Menus" page of the school website, www.cayugaisd.com. If you have questions about the content of this notice, you are welcome to email me at lglenn@cayugaisd.com. I can be contacted by phone at 903-928-2102, Extension 057.

Sincerely,

Leslie Glenn
Director

You might ask, how healthy is school meal? The answer to this is ...very healthy!

- In 2010 the “Healthy Hunger Free Kids Act” was released that applies to the National School Breakfast Program-NSBP and the National School Lunch Program-NSLP.
- All meals (breakfast and lunch) are based on a meal pattern. Each meal, depending on age group, must contain a certain number of calories, fat, sodium, fruit, vegetable (dark green, red/orange, beans/pea/legumes, starchy, and other categories, grains, meat/meat alternates (alternates include items such as cheese and yogurts), and fluid milk.
- All juice served is 100% fruit juice with no added sugar
- All plain milk served is 1% and flavored milk is fat free
- All grain products are whole grain rich which means all grains offered need to contain 51% or more whole grain product.
- All items are oven baked. We do not fry anything

A La Carte & Snack Purchases

We sell a variety of a la carte items to Middle School and High School students. All items sold follow the Smart Snack guideline which are as follows:

Must be a whole grain rich product
<35% of total calories can come from fat and contain zero Trans-fat.
<200mg of sodium per packaged item
<200 calories per packaged item
Beverages: Elementary 8fl oz. max, MS/HS 12fl oz. and 40 calories per 8oz.

****A child must have money on their account to purchase an A La Carte/Extra Item including an extra milk. Snacks are sold with CASH ONLY...chips, cookies, ice cream, etc. All items sold out of the “Vending Machine” are CASH ONLY. If you want restrictions set or no a la carte purchases, please set that up on www.EZSchoolpay.com or give us a call/e-mail.****

*Assistance available in English and Spanish. Please call **877-TEX-MEAL (877-839-6325)** for help.*

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Mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
Fax: **(202) 690-7442**; or

Email: program.intake@usda.gov.

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