



2016-2017
SCHOOL
YEAR

CHILD NUTRITION DEPARTMENT

MISSION

THE GOAL OF THE SPRINGFIELD CLARK CTC CAFÉ IS TO PROVIDE STUDENTS ACCESS TO A VARIETY OF AFFORDABLE AND APPEALING FOODS THAT MEET THE HEALTH AND NUTRITION GUIDELINES THAT THEY NEED TO SUPPORT LEARNING AND TO PROMOTE HEALTHY EATING HABITS FOR LIFELONG NUTRITION PRACTICES.

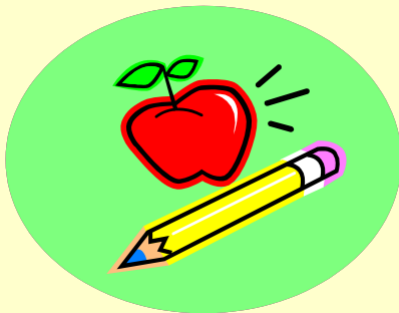
FOOD & BEVERAGES

MEALS, FOODS AND BEVERAGES SOLD AT SCHOOL MEET STATE AND FEDERAL REQUIREMENTS. VISIT THE WEBSITE FOR MORE INFORMATION AT:

WWW.USDA.GOV DIETARY GUIDELINES

NEW SCHOOL MEAL PATTERNS ...

1. STUDENTS MUST SELECT AT LEAST ONE FRUIT OR VEGETABLE EACH DAY WITH THEIR MEAL.
2. A RED/ORANGE VEGETABLE MUST BE OFFERED EACH WEEK SUCH AS SWEET POTATO FRIES, CARROTS OR TOMATOES.
3. SALADS NOW CONSIST OF SPINACH AND ROMAINE!



NUTRITION & EDUCATION JUST GOES TOGETHER!!!

FRUIT & VEGGIE BAR AVAILABLE DAILY!

4. ALL MILK IS NON-FAT OR LOW-FAT.
5. DRIED BEANS OR LEGUMES MUST BE OFFERED AT LEAST ONCE A WEEK.
6. CALORIE AND SODIUM LEVELS WILL BE MONITORED.

SPRINGFIELD-CLARK CTC CAFÉ SERVICES

MEAL PRICES

BREAKFAST COST IS \$1.50

REDUCED BREAKFAST .30

LUNCH COST IS \$2.75

REDUCED LUNCH .40

X-TRA MILK .50

Reminders to Students

- There is NO CHARGING for meals.
- ANY AMOUNT CAN BE DEPOSITED ONTO STUDENTS ACCOUNTS.



Reminders to Parents

1. On line payments can be made on the website. There is a quick link access to ez-pay. You will need your students ID# and a credit card.
2. Cash or checks can be taken through the lunch line.
3. Credit card payments can be made at the cashiers office.
4. Make checks payable to CTC.

BREAKFAST AT SCHOOL

IF YOU ARE FEELING RUSHED IN THE MORNING, HAVE YOUR STUDENT EAT BREAKFAST AT SCHOOL. A VARIETY OF GRAB AND GO ITEMS ARE AVAILABLE FOR ALL STUDENTS. BREAKFAST STARTS 7:30 AM TILL FIRST PERIOD.

IF YOUR STUDENT QUALIFIES FOR FREE OR REDUCED LUNCH, THEY ALSO QUALIFY FOR FREE OR REDUCED BREAKFAST.

DID YOU KNOW...

RESEARCH SHOWS THAT THE MAJORITY OF STUDENTS WHO CHOOSE TO EAT AT SCHOOL OBTAIN MORE NUTRITIONAL VALUE THAN MEALS BROUGHT FROM HOME.

WITH STUDENTS HAVING ACCESS TO CHOOSE MORE FRUITS AND VEGETABLES, MORE WHOLE GRAINS AND LOW FAT /NON FAT MILK, THEY GAIN MORE VITAMIN A&C, CALCIUM & FIBER WITH SCHOOL MEALS.

Thank You Students!

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

If you would have any questions or concerns, please feel free to contact: Kim Harold 937-325-7368 x124 kimharold@scctc.org