

# Colquitt County School Nutrition

Attention Parents and Students,

Colquitt County School Nutrition would like to welcome you back for school year 15-16! Wishing your student much success!

We are implementing a new meal service program this year called **Offer Vs. Serve**. This will be implemented in grades 1<sup>st</sup>—7<sup>th</sup> and will continue as it has been in grades 8<sup>th</sup>—12<sup>th</sup>. Pre-K and Kindergarten will remain on Full Plate Service (receiving all meal components). **Offer Vs. Serve** is a USDA approved form of meal service established to help decrease plate waste and give more freedom of choice to students. Both of which benefit the students and the School Nutrition Program. **Students in all grades will continue to receive breakfast and lunch meals at NO CHARGE. However, students must have money in their meal account or in hand to make additional purchases for items such as extra servings, 100% juice, bottled water, etc.** Please note the informational bullets below and discuss these with your student. You will also find an informational visual located on the back of this page.

## **Breakfast:**

- Students will be offered 4 items of choice. (EX: Sausage Biscuit, Fruit, Fruit Juice, Milk)
- Students can select all 4 or they can select only 3.
- Students do NOT have to select Milk. But, we encourage milk consumption due to provided nutritional value.
- Students MUST select a fruit OR fruit juice. But, they do not have to select both.

## **Lunch:**

- Students will be offered 5 items of choice. (EX: WG Pizza, Niblet Corn, Green Peas, Orange Slices, Milk) \*Entrée selections will take place in class as normal and sent to cafeteria via teacher each morning.
- Students can select all 5 or they can select only 3.
- Students do NOT have to select Milk. But, we encourage milk consumption due to provided nutritional value.
- Students MUST select a fruit OR vegetable. But, they do not have to select both.
- Students who do not select milk will NOT be provided with a different beverage. Students will have access to water fountains, and juice products are available for purchase. Parents are free to send a nutritional beverage from home as well. Please note, we encourage students to select milk and students are free to select all 5 items offered, but are only required to select 3, with one item being either a **fruit or vegetable**.

“USDA is an equal opportunity provider and employer.”