

## Food Service Department

Menus are designed to meet the following USDA School Meals Initiative for Healthy Children's nutrition goals:

### *Recommended Dietary Allowances*

Breakfast - 1/4 RDA Breakfast

Lunch - 1/3 RDA Lunch

### *Calorie Goals are Age Appropriate*

### *Dietary Guidelines for Americans - Balanced Nutrient Content*

- Eat a variety of foods.
- Balance the food you eat with physical activity - maintain or improve your weight.
- Choose a diet with plenty of grain products, vegetables, and fruits.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

Florence District Three menus are planned by a team composed of cafeteria managers and district food service staff. Input from students is obtained by managers from each school.

### *A typical lunch menu contains:*

- A choice of a 2 ounce portion of protein
- 3/4 cup total from two or more vegetables and/or fruits
- A bread serving
- 8 ounces of milk

### *A typical breakfast menu contains:*

- 4 ounce serving of fruit or fruit juice
- 2 servings of meat or bread OR 1 serving of bread and 1 serving of meat
- 8 ounces of milk

Students may also purchase a variety of a la carte menu items each day.

### ***Meal Prices***

<b>Meal</b>	<b>Elementary</b>	<b>Middle &amp; High School</b>
Breakfast - All Students	<b><i>FREE</i></b>	<b><i>FREE</i></b>
Adult Breakfast	\$1.80	\$1.80
Lunch - Full Price	\$1.00	\$1.25
Lunch - Reduced Price	40¢	40¢
Adult Lunch	\$3.25	\$3.25

### ***Meal Applications***

Free/Reduced meal applications must be completed at the beginning of each school year. Only one application should be completed per family, with all students and family members listed on the application. A new application can be completed at any time during the school year if the income information for the family changes or if there are changes in the number of people in the household. Applications can be obtained from the school cafeteria manager or from the District Office. Questions concerning meal applications should be directed to the Food Service Department at 843-374-8652.

The Food Service Department is composed of the district office and eight on-site cafeterias serving the students and school staff of Florence School District Three. Both breakfast and lunch are served to students and staff at each school at reasonable prices. In addition, snacks are provided for students in after-school programs. These high quality meals meet the nutrition standards set by the United States Department of Agriculture and are monitored by the Office of School Food Services and Nutrition, State Department of Education.

The District Food Service office is open from 7:00 a.m. until 4:30 p.m. Monday through Thursday, and 7:00 a.m. until 3:30 p.m. on Friday. It is located at the District Office on Blanding Street.

### **Don Navorska**

Food Service Supervisor  
843/374-8652, extension 1128