



Food Safety

Food and Nutrition Services (FNS) is committed to keep food safe for our customers. Safe handling of food is our top priority. Monitoring systems for food and equipment are in place to be sure food is kept safe and staff is regularly trained and given frequent updates on food safety.

ServSafe

Proper training in the safe receiving, storage and serving of food is one critical step in the process of keeping food risk free. One component in the training is ServSafe. ServSafe is a comprehensive nationwide food safety training program sponsored by the National Restaurant Association. Cafe managers must have current ServSafe certification. Managers must complete the ServSafe training program and pass the certification exam. Certifications are renewed every 5 years through retaking the course and examination.

HACCP

School nutrition programs are required by USDA to design and utilize a HACCP program. HACCP stands for Hazardous Analysis Critical Control Point. This is a systematic approach to the identification, evaluation and control of food safety hazards to prevent food born illness. This program is based on CCPs (Critical Control Points). The FDA defines CCPs as steps at which control can be applied and is essential to prevent, reduce or eliminate a food safety hazard to an acceptable level. An example of a CCP is holding hot food at the correct temperature to prevent the rapid growth of bacteria.

HACCP plans follow seven principles. These seven areas evaluate points where there could be risks in the receiving, storage, preparation and serving of food.

CCSD school cafeterias follow a HACCP plan. Food service staff is regularly trained on safe steps for food handling. Proper temperatures of food and equipment are regularly monitored.

All of our our food vendors are required to monitor CCPs and utilize HACCP as well.

Health Department Inspections

Our schools receive two health inspections each year. Scores are updated as the inspections are completed.

Offer vs. Serve

In 1946, Congress passed the National School Lunch Act which had as part of its stated purpose "to safeguard the health and well-being of the Nations children." Over the years, Congress has made updates to the legislation including the expansion of the program to offer breakfast and after school snack programs which meet certain federal guidelines.

Currently the USDA requirements for a school lunch based on analysis of a week's meals must contain no more than 30% calories from fat, 10% from saturated fat and provide 1/3 of the day's requirements for protein, vitamin A, vitamin C, iron and calcium. Breakfast programs must meet similar guidelines but only need to provide 1/4 day's requirements for the same nutrients. Meals which meet the criteria set by USDA are defined as reimbursable meals.

At lunch meals are made up of 5 components (milk, fruit/vegetable (2 servings), meat/meat alternate and bread/grain).

At breakfast, the 4 required food items are: milk; juice/fruit/vegetable (full strength fruit or vegetable juice); and 2 servings of grains/breads or 2 servings of meat/meat alternate or 1 serving of grains/breads and 1 serving of meat/meat alternate or equivalent combination of both of these components.

Students must be offered all required components at each meal.

For additional information on Offer versus Serve go to the [USDA website](#).

Wellness Resources

The following are various links that you may find useful when looking for information for your local wellness plan. Be careful to use credible sites that offer research based information.

Nutrition

<http://www.choosemyplate.gov/>

[American Dietetic Association](#)

[Choose My Plate](#)

[School Nutrition Association](#)

[USDA Team Nutrition](#)

[HealthierUS](#)

Health Education

[Action for Healthy Kids](#)

[American Association of Health Educators](#)

[American School Health Association](#)

[The Center for Health & Health Care in Schools](#)

Physical Education

[National Association for Sport & Physical Education](#)

[The President's Council on Physical Fitness & Sports](#)

Staff & Employee Health Promotion

[School Employee Wellness](#)

FCBOE –School Nutrition

Meal Prices SY 2011-2012	
Elementary School Student Lunch	\$2.15
Middle School Student Lunch	\$2.25
High School Student Lunch	\$2.35
Reduced Price Lunch	\$.40
Adult lunches including visitors and feast day meals	\$3.00
Elementary Student Breakfast	\$1.35
Middle School Student Breakfast	\$1.45
Adult Breakfast	\$1.45
Reduced Price Breakfast	\$.30
EXTRA MILK	\$.40

Charge Policy: Please refer to the chart below for the allowable charge limit. All charges should be paid back immediately. A la carte purchases cannot be charged and will not be allowed if your child owes charges.

Middle Schools: If your child exceeds the charge limit, he/she will be provided an alternate meal for lunch. No alternate meal will be provided for breakfast.

Adults: No charges permitted and no alternate meal provided.

Levels	Charge Limit
Middle	\$4.50
Adult	No charges permitted

Menus are subject to change due to delivery shortages, availability of foods, and special school situations.

This institution is equal opportunity provider.

