



## ANESU Food Service Cooperative

### WELCOME TO MONKTON ELEMENTARY SCHOOL CHILD NUTRITION SERVICES

**Child Nutrition Manager: Heather McConville – 453-2314**  
**Child Nutrition Cook: Deb Preston**  
**ANESU Food Service Cooperative Director:**  
Kathy Alexander 453-2333 ext. 1004 or 233-4439 (cell)

The goal of our Child Nutrition Program is to nourish your child(ren) so that they are ready to learn by preparing fresh, homemade meals (breakfast and lunch) with as many local ingredients as possible. We will also provide opportunities for your child to learn about good nutrition and health through exposure to new foods, as well as a variety of educational activities and programs.

### MEALS

We offer both breakfast and lunch and strive to make these meals as accessible to students as possible. We believe these meals help students be prepared to learn and will make a difference in their academic success.

**BREAKFAST** – The most important part of the day.

Even if your child eats breakfast at home there is evidence to support the idea that he/she may still benefit from breakfast at school. Students who eat breakfast as close to the time they start their academic day have greater ability to concentrate and stay focused. This year we will offer breakfast in two ways:

- ***Bright Mornings Breakfast Bar*** – A hearty breakfast buffet for students featuring a variety of cereal, baked goods, fruits, and milk. Served first thing in the morning in the cafeteria before school begins.
- ***Breakfast In the Classroom at Snack*** – A Grab and Go Breakfast bag for students to have during snack. The Grab and Go Breakfast will also include a grain, fruit or juice and milk.

**LUNCH** : Our lunches feature fresh, often local, homemade entrees, and sides and a daily fresh fruit and veggie bar which is packed with a variety of fruits and vegetables for students to enjoy every day. Students have lots of choices and will find both familiar favorites as well as new foods to expand their knowledge and experience of food.

**School Menus** will be posted on the school website the week before the 1<sup>st</sup> day of each month. In addition all ANESU Food Service Cooperative School menus can be found on our website:  
**[www.anesunutrition.com](http://www.anesunutrition.com)**

**Milk at Snack** – Milk is also available for students to purchase at snack time to go with a snack brought from home. Milk is \$.50 and is not part of the Free Meals benefits.

We encourage parents to send snacks from home that are low in fat, sugar, and additives. This will help your student be more eager to try fruits and vegetables during school meals. Also, nutritious snacks like fresh fruit, whole grain crackers and cheese, pretzels, or low fat yogurt will also help them stay more alert and ready to learn.

**The Fresh Fruit and Vegetable Program** is a Federal program which allows us to provide free fruits and vegetables to students every day in their classrooms. It is a really good way for us to introduce your students to important fruits and veggies that promote good health. This year we will be enhancing this program with nutrition education activities and information.

**Farm to School Initiative:** Our schools will all be engaged in Farm to School activities this year including local purchasing, taste tests in the cafeteria and classrooms, school garden activities, farm visits, and food education. Stay tuned for more information

**Special diets:** We try to do whatever we can in all of our schools to meet the needs of students on special diets. Please talk directly to the Child Nutrition Manager at your school to discuss some of the accommodations that we can make.

## **PAYING FOR SCHOOL MEALS**

**Please help our program by making sure there are enough funds in your child's account for the meals he/she will want/need.**  
**Our system is based on debit not credit.**

**PIN System:** Your child has a PIN number to use to get meals. The number is the same as last year. All he/she has to do is enter the number and funds will automatically be deducted from the student account. **If there is not enough money to pay for a meal we will serve your child. However, we will contact you to put more money in the account before the next day. This process is time consuming and will cause problems because of the time delay. Please make it a priority to keep money in the account to avoid these potential problems.**

**Food Service Payments:** You may put as much money in your child's account as you wish. Positive balances remain in your student's account from year to year and can be refunded at the end of Senior year or if your student leaves the district.

Our *Meal Charge Regulations* were implemented last year and specify that students may not charge any meals as this makes it extremely difficult for our programs to work well. We rely on parents to make sure that accounts have a positive balance for students to draw on. We will not discuss financial matters with students in elementary school. Please review our meal charge policy on the website at [www.anesunutrition.com](http://www.anesunutrition.com)

We will send bills home monthly. Be aware that you must pay MORE than the amount owed on the bill in order to have enough money for future meals. Please call the Child Nutrition Manager at your school if you are not sure if money is needed or better yet sign up to use the FREE on-line payment system with automatic alerts described below.

**Also, please do not hesitate to apply for Free and Reduced Meals if this option would help you and your children get healthy meals at school. Read on for more information about this program.**

**Paying with cash or check:** Payments made in cash should always be in a sealed envelope with your child's name written clearly on the outside. Payments made by check should be made out to: **ANESU FS Cooperative-Monkton**. Also write your child's name in the note section of the check.

**Paying on-line:** Our FREE on-line payment system is called MySchoolBucks and can be accessed at: [www.myschoolbucks.com](http://www.myschoolbucks.com)

The system is easy to set up and use and funds are available right away to the student. All you need is the student ID# to create an account. This number can be obtained from the Child Nutrition Manager or contact Kathy Alexander at [kalexander@anesu.org](mailto:kalexander@anesu.org). You can track participation and make payments as well. **There is no fee for using this service** and it is the best option for making sure your child has money for meals.

**Free Meals Program** – We encourage all families to apply for this important benefit. It is a real help to families and also to our school as the school becomes eligible for other types of funding when we have higher participation in this Federal meal program. The State of Vermont has eliminated the Reduced category for this benefit so **all eligible students receive FREE meals.**

**This program is a great resource to make sure your student(s) get healthy meals while he/she is at school. Please read the attached information and apply early. You can also apply any time throughout the year**

## COMMUNICATION

We believe that the key to success for your child and for our program is **good communication**. Please feel free to contact your Child Nutrition Manager at your school if you have concerns or questions about our program or your child's specific needs. You can also contact the **ANESU Food Service Cooperative Director at 453-2333 ext. 1004 or e-mail [kalexander@anesu.org](mailto:kalexander@anesu.org).**

## What's NEXT

- 1) Fill out a ***Family Registration Form for Food Services***, enclosed in this mailing so that we can update your information. Having your contact information will help us to ensure that we maintain good communication with you directly.

Send this form to your school Child Nutrition Manager

- 2) Fill out the ***2013-2014 Free and Reduced Meals Application***. This form must be completed every year at the beginning of school. If you received this benefit last year you **MUST** fill out the form to receive benefits. **Eligibility from previous year is active only until the end of September.** If you received a letter stating that you do not need to fill out an application, that means we have already received the information we need from the state and your child is eligible.

If you have any questions or need any help to fill out the form please call Kathy Alexander at 453-2333 ext 1004.

Send this confidential form to Kathy Alexander at Mt. Abe High School either by giving it to the child nutrition manager or school secretary to send via interoffice mail or you can send it yourself to Kathy Alexander at Mt. Abe - 220 Airport Drive, Bristol VT.

- 3) Visit the ANESU Food Service Website for menus, nutrition information, and much more. The site can either be accessed from the school website by clicking on the link or go to the site directly at

**[www.anesunutrition.com](http://www.anesunutrition.com)**

