

FOOD SERVICE

NUTRITION PROGRAM

USDA unveils historic improvements to meals served in America’s schools; the new meal requirements will raise standards for the first time in more than fifteen years and improve the health and nutrition of nearly 32 million kids that participate in school meal programs every school day. The final standards make the same kinds of practical changes that many parents are already encouraging at home, including:

- Ensuring students are offered both fruits and vegetables every day of the week; Substantially increasing offerings of whole grain-rich foods;
- Offering only fat-free or low-fat milk varieties;
- Limiting calories based on the age of children being served to ensure proper portion size;
- Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

Dixie District Schools participate in the National School Lunch and Breakfast programs as well as the After School Snack and Summer Food Service programs. Our nutrition standards are based on the USDA Guidelines for National School Lunch and Breakfast Programs. Each cafeteria provides a variety of healthy choices for our student meals; which must contain adequate calories per State guidelines. We recommend that students balance dietary calories with physical activity to maintain normal growth, get one hour of moderate to vigorous physical activity each day. Eat nutrient-rich foods daily such as lean meats and fish; eat plenty of vegetables, fruits and whole grains. Drink water, low-fat/fat-free milk and reduce the intake of sugar-sweetened drinks and foods.

WELLNESS POLICY

We encourage teachers, parents, students, and the community to get involved in our Wellness Policy Review each year to help promote good health and wellness to our schools and community. We will continue to meet our guidelines to regulate food with minimal nutritional value, rewards, school parties, snacks and fundraising activities. All foods made available on campus must adhere to food safety and security guidelines. A copy of the Dixie District Schools Wellness Policy will be made available upon request and also available on the districts web site.

FREE MEALS FOR ALL DIXIE DISTRICT STUDENTS

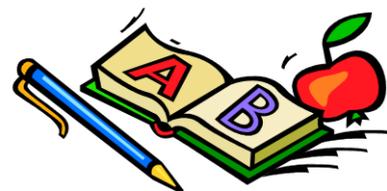
Our district will operate the Community Eligibility Provision (CEP) for Breakfast and Lunch. This program requires that the schools serve meals to all participating children at no charge but reduces application burdens to once every 4 years with an additional 4 year extension when certain conditions are met.

Additional breakfast and lunch meals along with a variety of ala carte items will be available at each school at the 2016-2017 approved prices.

For more information or if you have any questions about your child’s meals, please feel free to contact the School Food Service office or the school cafeteria manager.

Dixie District Schools Food Service Office	
Linda Fowler	352-498-1295
Phyllis Rollison	352-498-6285
Anderson Elementary School Cafeteria	
	Gina Langford 352-498-6229
Dixie County High School Cafeteria	
	Tina Rodriguez 352-498-6450
Old Town Elementary School Cafeteria	
	Pam Rollison 352-498-6380
Ruth Rains Middle School Cafeteria	
	Linda Liles 352-498-1379

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SCHOOL MENUS AVAILABLE

Visit our website for current school menus.

www.dixie.k12.fl.us

Food Service