

Dear Parents and Guardians,

Welcome to a new school year! Healthy for Life™ is our commitment to create healthier environments and communities, by providing not only healthy foods but comprehensive nutrition and wellness education. The Ocean City School District Food Service staff is looking forward to serving your children nutritious, great-tasting menus that support their achievements in school and promote healthy lifestyles.

We offer a variety of meal choices with one goal in mind: to provide outstanding service and high quality "kid-friendly" meals that meet or exceed the latest federal and state requirements. Ocean City's menus are designed to ensure that students receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs.

The products and the cooking methods we use conserve food quality and nutrients, while limiting the addition of fats, salt and sugar and eliminate frying. So although you may see popular items like pizza and chicken nuggets on your menus, be assured that your child's school meal selections contain healthy ingredients and are lower in fat and salt than what you find in grocery stores or restaurants. We will also be offering some different foods that your children may not have tried before, so please encourage your child to taste these items. They just might become a new favorite!

- More than half of the breads and grain products served are whole grain-rich, ensuring adequate fiber and other essential nutrients.
- Added trans fats have been eliminated from all foods; and menus are planned to limit saturated fat and sodium to meet the new standards set by the United States Department of Agriculture (USDA) for school meals.
- Both the School Breakfast Program (SBP) and National School Lunch Program (NSLP) meal pattern and nutrition standards ensure that meals provide age-appropriate calorie levels; offer a wide variety of fruits and plenty of vegetables every day, with a focus on nutrient-dense dark green, red/orange and legume vegetable selections along with lean proteins.
- School meals are planned based on 3 grade groups (K-5, 6-8, and 9-12) that naturally align with children's nutrition needs for growth and health.

We will continue to post signs on each service line to show students how to select a reimbursable meal, as well as to help them understand how their choices fit into the key food groups needed to ensure a balanced approach to healthy eating.

We are proud to serve your child and encourage you to support our ongoing efforts to improve student health and well-being by participating in our Food Service Program. For more information about our menus and programs, please explore the Food Service website; and to learn more about healthy school meals visit <http://www.fns.usda.gov>. Please feel free to call me at (609) 399-1290 ext. 8701 with any questions or comments.

Thank you,

Tina Mosher, *Food Service Director*

NutriKids Point-of-Sale System

The POS system benefits the District and your students in a number of practical ways. We hope that you and your students will consider taking advantage of some of these convenient options. Please read the following information carefully.

We will be using a computerized cash register system to ease the payment process for your child. *Here's how it works:*

- You can add money to your child's account by filling out an envelope clearly marked with your child's name, grade, and homeroom and sealing the payment inside.
- If the payment is for more than one child, indicate how the money should be split
- We encourage payment be made in the form of a check made out to "Ocean City Schools Cafeteria."
- Payment can be made in any amount to best suit your family budget. Students who have money on account will not have to worry about lunch money every morning and will proceed more quickly through the serving line at school.
- All students have been assigned a student ID number which is used to access their lunch account
- Students will enter their ID number into a PIN pad (PS/IS) or scan their student ID card (HS)
- **OR** pay online using www.mySchoolBucks.com

You will also have the ability to view and print out a copy of your child's meal purchase history report. Please be advised that when you first create your account, you will only be able to see your child's history for that day. To view the 30-day history, log out and then sign back in again.

Sign-up now: www.MySchoolBucks.com to view account history and make online pre-payments if desired (must have student ID number)

This institution is an equal opportunity provider.