

Frequently Asked Questions

Is there a link between good eating habits and student performance in school?

According to numerous studies, children who eat healthy meals score higher on tests, have better attendance, make fewer trips to the school nurses, and have fewer disciplinary problems. School meals play a critical role, as they provide students with healthy, low cost nutritionally balanced meals.

Who sets the portion sizes?

The government sets meal portion sizes. The United States Department of Agriculture (USDA) determines age-appropriate serving sizes of meats/meat alternates, fruits, vegetables, bread/grain products and milk. Each school district that participates in the National School Lunch Program, and other child nutrition programs, must meet the requirements.

What should I do if my child requires special diet modifications?

Lovejoy ISD can accommodate special dietary needs. A statement signed by a licensed physician, a physician assistant, or another recognized medical authority must support requests for special diet modifications. The signed statement must be provided to the school nurse, who will forward it to the school's cafeteria manager and the Student Nutrition Department. Meal pricing is not affected by dietary modifications.

Is my child getting the nutrients he/she needs from school meals?

Lovejoy ISD follow's nutritional guideline set by the government, and analyzes meals to ensure compliance with nutritional requirements. We do not fry any of the foods served in the elementary schools or middle schools, and only reduced fat milk is served.

Our health initiatives include:

- **Utilize high quality products/ quality name brands**
- **Offer fresh fruit daily**
- **Only use water packed canned fruits**
- **Use fresh and frozen vegetables vs. canned**
- **Offer fresh salads daily**
- **Increase complex carbohydrates (i.e. whole wheat products)**
- **Use low-fat turkey franks instead of higher-fat hot dogs**
- **Use only low-fat mozzarella cheese on pizzas and in cheese sticks**
- **Use reduced fat cheese in all recipes**
- **Offer "no sugar added" 100% fruit juices**

- **Offer assorted low-fat milks**
- **Use no-fat gravy**
- **Use low-fat salad dressings**
- **No frying at elementary and middle schools**
- **Offer only baked or low fat chips at elementary schools**

Don't kids sometimes throw away a lot of food?

Sometimes. Although, for maximum nutrition, we encourage students to take all meal items offered, LISD has implemented the Offer vs. Serve Program. Under this program, students have the independence to select, within guidelines, what they want to eat. The result: less waste and increased customer satisfaction.

Does my child have to purchase an entire meal?

Students who receive free/reduced meal benefits, or who pay for a reimbursable meal, must take at least three (3) of five (5) items (called components) served. For optimum nutrition, we strongly recommend that students take all available meal items. Furthermore, a reimbursable meal is much less expensive than the same items purchased ala Carte, students who get the complete meal are smart shoppers, too! Students are permitted to purchase just the entrée, or side dishes, on an ala Carte basis.

How Do I purchase meals for my Child?

Payments may be made in person daily, weekly, monthly or yearly by sending in checks or cash with your student or on line at www.mynutrikids.com paying by check, please write your student's name and student ID number in the memo section of the check. Cash payments are preferred in an envelope with the students name and ID number on the front of the envelope. Deposits can be made before school, during breakfast or during lunch.

Can I restrict my child's purchase of snack foods?

You may place specific restrictions on your child's cafeteria account by calling the campus cafeteria manager, the Student Nutrition Office or an email request to food_services@lovejoyisd.net. Special dietary needs/allergies require us to substitute a meal or snack item, a note signed by a licensed health care provider is required.

How can I check the balance of my child's account?

The cafeteria uses an automated payment system referred to as the Point of Sale (POS). This allows prepayments to be posted as well as tracks all sales/purchases. Additionally, the POS has the ability to place messages on a student account to alert the cashier of any food allergy, notations or limitations. The POS also provides transaction reports for all student cafeteria sales/purchases which are available upon request. Parents can log on and register at www.mynutrikids.com to receive a 30-day transaction history, or request these reports from your school's cafeteria manager or the Student Nutrition Department @ 469-742-8041, or on line at www.lovejoyisd.net.

What happens to the money in my child's account at the end of the school year? What if we move, what happens to my student's money?

If returning to LISD, funds left in an account at the end of a year will be available for that student's use in the next year. Parents are welcome to request a refund on their students cafeteria account by contacting the Student Nutrition department at 469-742-8041, or email request to food_services@lovejoyisd.net. Cash Refunds are not allowed, LISD will send a check on request, please provide a forwarding address. A negative balance will also carry forward to the next school year.

How do I find out if my child/children qualify for free or reduced priced meals?

A parent or guardian must first complete an application for free/reduced priced meal benefits. Applications are available in English and Spanish at each school, online at www.lovejoyisd.net or the Student Nutrition office. Once the application is received and processed, the parent/guardian will be contacted by mail and informed whether or not their child/children qualify for the meal benefits.

How often does a free/reduced application need to be completed?

An application must be completed each school year.

Will parents need to pay for a child's lunch until the application is processed?

Yes

Once the child is approved for the free and reduced-meals, who pays for the previous negative balances?

The parent or guardian. The government will only pay for meals after the date the application is approved.

Nutrition Policy

The Texas Department of Agriculture (TDA) has comprised a mandated policy for all Texas schools participating in the National School Lunch program. Policies affect all foods being served within a campus during school hours by both school food service and food that would be provided by student/parent organizations, vendors and individuals.

The policy prohibits competitive sales of foods during the school day by any organization or individual beyond the Food Service Department in a district.

Elementary campus's will maintain three (3) exempt day's each school year, (Christmas/December date, Valentines day, last day of school/end of year party) for celebrations in the classroom outside of the meal service time, where foods from outside sources may be offered. School fund raisers involving food items may not be sold or distributed during regular school operation hours. No candy of any kind may be distributed on a campus at any time during the school hours for any purpose.

This policy does not apply to school nurses using FMNVs or candy during the course of providing healthcare to individual students.

Parents have no limitations on what types of foods they send for their child to consume at school, but may not provide any food to other students, or their students' classroom.

For a complete listing of all current policies and updates, please visit the TDA website at www.squaremeals.org .

Non Discrimination Statement

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 202/720-5964 (voice and TDD). USDAA is an equal opportunity provider and employer.