

# Gateway School District Food & Nutrition Services



Martin Lorenzo, Director of Food Service

Gateway participates in both the Federally-funded National School Lunch & Breakfast Programs

- These programs provide healthy meals daily to its students, following USDA guidelines for recommended levels of fat, saturated fat, calories, grains, protein, fruits and vegetables.
- **USDA Meal Regulations** require all participating districts to serve healthier and more nourishing meals to your children. Our reimbursable meals highlights include:
  - Must choose at least one fruit or vegetable serving with both breakfast and lunch.
  - Greater selection and variety of fresh fruits and vegetables- 1 cup of each offered for lunch on a daily basis and a minimum of 2 fruit/ veggie offerings for breakfast
  - The average of all grains offered must be whole grain rich meaning that it's made up at least of 51% whole grains including but not limited to pizza crusts
  - Only low-fat milk and fat free flavored milk without high fructose corn syrup and added BGH may be offered. **Milk, juice, fruit, etc. are only "free" with a meal.**
  - Continuing the gradual reduction of the sodium content in the foods being served
- Please note that statistics show that well-nourished children do better in the classroom.
  - Research also supports the importance of **eating a healthy breakfast at school** with regards to a child's performance at school.
    - Eating breakfast improves test scores and leads to making fewer mistakes in class
    - Kids who eat breakfast have improved attention spans and show improved behavior
    - Breakfast eaters are less likely to become overweight
- **Special diets/ Allergies**
  - There are specific USDA regulations that state how schools are permitted to respond to a student with allergies. If your child has a condition which is considered a "disability", schools can make modifications to the meal menu. This requires a form filled out by a physician and must state the substitutions to be made. The Form is available on the District Website if needed. The form may also be sent home upon request. **Only disability** situations will cause us to modify our menus.
  - For milk allergies and/or intolerances, parents may specify a substitution for milk. We **ARE NOT** permitted to substitute water or juice for milk UNLESS a physician specifies the condition as a disability. The required Medical Plan of Care form is posted on the district website.
- As a Community Eligible Program (CEP) for the 2022-23 School Year unless otherwise notified, **all Gateway Students receive all reimbursable meals at NO CHARGE.**
  - This Universal Free Lunch & School Breakfast Program will provide a single complete reimbursable breakfast & lunch each school day to all students at no charge regardless of their respective eligibility status. In order to qualify as a "free meal," students must take a "complete reimbursable meal."
  - Students should be familiar with the Offer vs. Serve (OVS) "reimbursable meal" basics per the provided illustration presented on the second page of this flyer in order to ensure that they are getting a "free meal" and not being charged a la carte pricing for each of their selected meal items. All charges of this sort will be applied to each student's respective food service account.

Students must select at least three of the four offered food items under OVS at breakfast, including at least ½ cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for all grade levels.

### Required Components at Breakfast



**Fruit**  
1 cup



**Grains**  
1 ounce equivalent  
(oz eq)



**Fluid Milk\***  
1 cup

### Sample OVS breakfast menu:

Variety of milk\*: fat free or low-fat (1 cup milk)  
Slice of whole grain-rich toast (1 oz eq grain)  
Whole grain-rich cereal (1 oz eq grain)  
Orange slices (1 cup fruit)

### Optional Components at Breakfast

#### Vegetables

- Vegetables may be offered as a substitute for fruits.

#### Meats/Meat Alternates

- A meat/meat alternate may be served to meet the weekly grain requirement, as long as a 1 oz eq minimum of grains is offered daily.

## Color Your Lunch Tray!

Choose 3 or more food groups

Pick at least ½ cup fruit and/or vegetable



### ○ Funding School Meal Accounts

- We recommend that parents make deposits into the computerized system rather than sending cash daily with their students. This helps prevent loss or theft of money and speeds up the lunch lines.
- To make payments, please send cash or check (recommended) in an envelope with your child's name and account number written on the envelope and the personal check if applicable.
  - Please also make checks payable to: Gateway School District Food Service
- The other method for funding a student's meal account is online using a debit or credit card. You can access the link through the Gateway website (go through Food Service) or type this website into your browser: [www.myschoolbucks.com](http://www.myschoolbucks.com)
  - Using your child's Student ID Number, you can create an account for your child. Through this account, you can make deposits, receive low balance emails or simply view daily transactions.
  - There is also a phone app available for [myschoolbucks.com](http://myschoolbucks.com)

### ○ "Service with a Smile!"

- Food & Nutrition Associates are expected to make sure that each customer who comes through our service lines feels special and is offered high quality food within pleasant surroundings by compassionate people.



## HOW MAY WE SERVE YOU?

