

WELCOME BACK! DO YOU REMEMBER YOUR PIN NUMBER?

Each of our schools in the District utilize an Electronic Point Of Sale Systems. For the vast majority of students, the PIN number each student was assigned will follow them throughout their career at North Olmsted Schools (some students that are promoted end up with a number identical to an existing student That incoming student's number is adjusted slightly to keep it unique.. When our doors open for 2011/12 we will have lists in each of the buildings, with each secretary as well as each kitchen. We will also have the Master List in the Food Service Office (779-3539). The quicker the students re-acquaint themselves with their number the smoother and quicker the serving lines will run. All accounts from last year that had balances will follow the student as they progress. You may begin adding to your child's account as early as Day One!

NORTH OLMSTED CITY SCHOOLS

Lunch service begins on Wednesday, August 24 in all schools. The North Olmsted school district participates in the *USDA National School Lunch & School Breakfast Programs*, which means that all meals meet or exceed the guidelines and regulations for the *School Meals Initiative for Healthy Children*. **Breakfast service begins Monday August 29.** There also will be healthy choice snack items and side dish choices available during lunch. All Snack and Beverage items will meet the Alliance for a Healthier Generation guidelines. We look forward to providing our students, faculty, and staff a lunch program based on delicious foods, nutritional fortitude and even a little education on the side. If you have questions or comments about the food service programs, please contact Jack Shannon, General Manager, at 779-3539. Thank you for your support and interest in the school meal programs.

IMPORTANT LUNCH PROGRAM NOTES!

REMINDER

Field Trip Lunches
On field trip days, the Food Service Department has complete sack lunches that can be pre-ordered through your school's cafeteria. Students can pick up an order form from their cafeteria manager or their teacher.

A LA CARTE INFORMATION:

All of our Snack and Beverage offerings this year meet USDA and State nutrition standards. These standards are based on the Alliance for a Healthier Generation guidelines. A copy of these guidelines may be viewed By visiting the following website:
www.healthiergeneration.org/snacks/

If you were on the Free and Reduced Price Lunch Program last year, YOU STILL MUST RE-APPLY each year to see if you are eligible for this school year. After we receive your child's application and determine their status, you will receive a letter from the Food Service Office. Applications are available at school offices, the food service office or in opening registration packets. If your student is a part of the school district's Direct Certification program, you will receive a letter from our Food Service office showing the child's eligibility – at that point no application will be required.

WHAT'S GOING ON!?

August 24:
School Begins
August 25:
Welcome Back
Promo Day
August 29:
Breakfast Service
Begins
September 5:
LABOR DAY
NO SCHOOL
September 8:
Lucky Tray Day

The Power to THINK!

Have you ever missed a meal? Do you remember how tired and grumpy you might feel if you've not eaten for several hours? The average meal takes about 4 to 5 hours to digest. If your last meal yesterday was at 6 PM and now it's 6 AM, 12 hours have passed and your body needs food. Eating breakfast gives your mind the **power to think!** Without this fuel to re-charge the mind in the morning, most people will lack clarity in thinking, will process information more slowly, will have a slower reaction time, and simply won't be ready to perform at their best. Make this year one of the best by starting everyday refueled and recharged! Breakfast is more than a sip of juice and bite of toast in the morning. Take some time to plan out what you are going to eat and think about all food groups, including whole fruits, low-fat milk, yogurts and cheese, healthy protein sources, and wholesome grains like whole wheat toast or bagels. Try to combine a carbohydrate (fruit or grain) with a protein (dairy or meat) to build a breakfast that will keep your appetite satisfied throughout the morning.

Allergies and Lactose Issues:

If your child is lactose intolerant or has a milk allergy, a medical note needs to be submitted each year. We do have a lactose free milk alternative available. Per USDA policy, other than this lactose – free product, no other beverage may be substituted for milk. If your child has additional food allergies, please contact our Food Service Office @ 440-779-3539 to discuss their needs and options