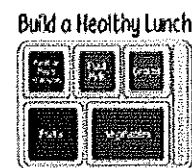


Saydel Food & Nutrition Services

Information for Cornell Parents



****NEW** FREE BREAKFAST & LUNCH FOR ALL CORNELL STUDENTS**

The Saydel Community School District will be offering free breakfast and free lunch to all Cornell students! No child will be charged! Free and reduced applications are not needed!!! The Cornell Elementary will be using the Community Provision Eligibility (funding from the USDA) to provide free meals to all students! Note that if you have a child at Woodside Middle School or the Saydel High School, you must still submit a free & reduced application online. (Check your registration packet for more information).

Are there any costs?

If your child wishes to bring a sack lunch and get just a milk, get an extra milk or have a second entrée, there will be a charge. The free breakfast and lunch covers the basic reimbursable meal.

What about previous negative balances from past years?

These negative balances are still relevant and must be paid. Phone calls will still be made Sunday – Thursday around 7 p.m. for negative balances.

What's for lunch?

All Saydel schools serve lunch each school day. Cornell menus are sent home as part of the monthly newsletter as well as posted on the district website www.saydel.k12.ia.us → District → District office → Nutrition Services → Menus or click on the fork/plate/knife symbol at the top of the page.

What about breakfast?

Studies indicate the importance of students having a good breakfast to start their school day. Breakfast is served daily in the Breakfast in the Classroom format. Your child can pick up their breakfast in the cafeteria and eat in their classroom with classmates and their teacher. Breakfast consists of a grain item(s), juice, fruit and milk. The breakfast menu is located on the lunch menu.

Are school meals nutritious?

- School meals are well-balanced, healthy meals that are required to meet science-based, federal nutrition standards. Meals are designed to provide 1/3 of a child's daily need of calories, fat and nutrients.
- Each school lunch includes five great choices* that add up to great value:
 - Fruits –fresh or canned are served daily**
 - Vegetables- fresh, canned and/or frozen steamed are served daily*
 - Grains- Most grains are whole grain rich (at least 51% whole grain)
 - Meat or meat alternates are served daily for protein

*Students do get to make choices- 2 different entrees/day; fruit/vegetable choices and milk preference
**Students must take at least ½ cup of fruit and/or vegetable at lunch
- Foods that have become known as “processed foods” are prepared with healthier ingredients to meet the new regulations related to whole grains, less fat, sodium and sugar. For instance, pizzas are made with whole grain crusts and reduced fat cheese.

Are school meals safe?

School nutrition professionals' care for the children they serve and through strict food safety procedures and staff training, school nutrition professionals maintain a superior safety record. Each building is led by a School Nutrition Association Certified Kitchen Manager, who is ServSafe certified. Most Saydel Food Service employees are ServSafe certified. In addition, each school kitchen has two unannounced health inspections each school year and the most recent is posted in the dining area. All inspections have been excellent or with few or no inspection notes.

What if my child has a food allergy?

Please contact the Cornell School Nurse to alert her of any food allergies. A Diet Modification statement (found on the Saydel website) must be completed by your child's doctor and returned to the nurse who will notify the food service department. This document must be completed and turned in to receive any meal/food modifications.

Can I eat lunch with my child at school?

We encourage parents to come and dine with their children at school. Please call the school office to make a reservation by 9 a.m. We recommend that parents **DO NOT** bring fast food from area restaurants to eat with their children at school. There is a charge for adults to eat!

Looking for employment? Try Saydel Food Service!

Great hours! Same schedule as children! Fun atmosphere! Interested in a regular time position or subbing, consider applying with the Saydel Food Service. Apply online: Saydel CSD → District → Employment Opportunities → Current Job Opportunities → Student Support Services (Food service openings).

What if I have questions or concerns?

Please do not hesitate to contact the Saydel Food Service Director at the District Office Building on NE 14th street. Contact information is 515-264-0866 ext 2421

USDA Non-Discrimination Statement:

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax 202-690-7442 or email at program.intake@usda.gov. *Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339; or 800-845-6136 (Spanish).* USDA is an equal opportunity provider and employer.

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"It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14th St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."

Summer Food Service Program 2015

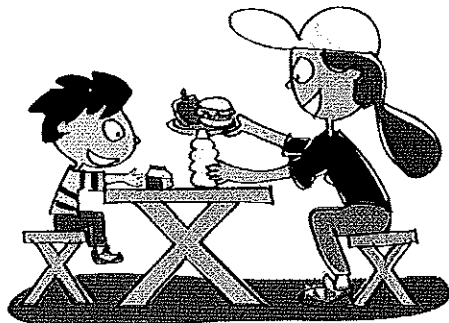
Free meals for those under 18
CORNELL ELEMENTARY

Monday - Friday, June 1st - August 7th

Breakfast served 8 a.m. - 9 a.m.; Lunch 11 a.m. - 12 noon

New Site for Lunch: Sunnybrook Mobile Park Clubhouse (5975 NE Berwick Drive, Berwick) 11:30 a.m. - 12 noon

Served Monday - Friday, June 1st - August 7th



Summer Food Rocks!



FOR SUMMER FUN

Eat Smart. Play Hard.™