



Welcome Back!

New Meal Prices for 2013-14 School Year

Breakfast—All Grades—\$1.00 , Reduced \$.30

Lunch—K-5—\$2.25, Reduced \$.40

Middle—\$2.50, Reduced \$.40

High—\$3.00, \$3.50, & \$4.00, Reduced \$.40

Prepay Meals!

Sodexo encourages parents to use prepay meals for their child’s meal account. This will help eliminate situations that could develop during lunchtime because of negative balances or failure to bring lunch money to school. Prepayments for lunch and breakfast can now be made via the Online Lunch Payment Vendor 24 hours a day using a credit or debit card. Cash and check payments will continue to be accepted at all Cumberland Schools. However, payments made through the Online Lunch Payment Vendor portal or by check are preferred for better accountability. Please go to myschoolbucks.com for more info and register your child today.

New Breakfast Regulations - Healthy, Hunger-Free Kids Act

As part of the United States Department of Agriculture (USDA) Healthy, Hunger-Free Kids Act of 2010, the school breakfast program will implement some changes this year. Here are a few highlights regarding the new School Breakfast Program requirements:



- Students will be offered at least four food items each day and are required to take at least three food items.
- The required food groups for the breakfast program include fruit and/or vegetables, milk and grain. Meat or meat alternatives (egg, cheese, peanut butter) are optional.
- Half of all the grains served this year

are required to be whole grain-rich. Next year all grains served will need to be whole grain-rich.

- Children must be offered at least two different milk options, however flavored milks must be fat free and white milk may not exceed 1% milk fat.
- Students are not required to take fruits and/or vegetables this year, however we encourage students to select a balanced meal and they are required to take three food items. Next year all students will need to take at least ½ cup fruit and/or vegetables.
- Juice may be offered and is considered a serving of fruit.

In addition to these requirements, the school breakfast program will be audited to ensure proper portions of food items are offered and when averaged over a week, the school meal must meet nutrition standards for calories, saturated and trans fat. Starting next year, the school breakfast program will also be required to meet specific sodium limits as well.



“We are proud to be able to keep our partners on the forefront of the changes.”

- Steve Dunmore, President
Sodexo Education-Schools

To learn more, please speak with your Sodexo general manager.