

North Central Parke Community Schools

602 Howard Avenue

Rockville, In 47872

September 04, 2020

Dear Parents/Guardians:

A new application for free and reduced meals is required for this school year. If you haven't already applied ,you can do so on the North Central Parke Community School website. A new application must be turned in or done on line by *October 9, 2020*. Or the student will not hold last years benefits.

You will need your child's Harmony password . If there is not internet access ,there is a paper copy in your child's school office he/she attends.

If you have any questions ,please call Tammy Breedlove (765) 569 – 4181,or you can email me breedlovet@ncp.k12.in.us

Sincerely,

Tammy Breedlove

Food Service Director

North Central Parke Community Schools

North Central Parke Community School Corporation

Building Bridges to the Future

Mr. Mike Schimpf
Superintendent
Ms. Tammy Breedlove
Food Service Director

602 Howard Avenue
Rockville, IN 47872
Phone (765) 569-4181
Fax (765) 569-4199

All students are assigned a computerized lunch number . Parents are encouraged to pre-pay for the week,month,or longer . Students should deposit money in the morning to be put in their accounts.

At the end of the year ,any unused money in your student's account will be returned upon request or carried over to the next school year.

We strongly discourage meal charges ,but we understand that an occasional emergency makes it necessary. No extra/ or ala carte food is to be charged. The school policy is as follows:THE MAXIMUM AMOUNT ALLOWED TO BE CHARGED IS \$5.00. In the event a student has to make another charge ,the school will provide a lunch consisting of cheese/or peanut butter sandwich,fruit of the day,and milk at the cost of \$1.00.The alternative meal cost will be added to the student's debt.

Payments may be made through Harmony online.Checks and money orders may be used as well as cash.Checks and money orders should be made payable to your school cafeteria.

MEAL PRICES FOR 2020-2021 school year

Breakfast Elementary \$1.70
Elementary Lunch \$2.45
Middle School Breakfast \$1.70
Middle School Lunch \$2.70
High School Breakfast \$1.70
High School Lunch \$2..80

KINDERGARTEN MILK IS \$.50 DAILY (NOT ELIGIBLE FOR FREE OR REDUCED PRICING)

Thank you for your cooperation.

Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following:

Meat or Meat Alternate,

Grain,

Fruit, Vegetable

and of course, Milk!

While the most nutritious lunch contains all of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose at least 3 food groups for his meal. One of the food groups must be a **fruit** or **vegetable**. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

Here's an example menu:

Cheeseburger on a **Bun**

1/2 cup **Carrots**

1/2 cup **French Fries**

1/2 cup **Peaches**

8oz of **Milk**

So, your child *could* choose:

Cheeseburger on a **Bun** and **Fries**

Carrots, Peaches and **Milk** Cheeseburger

on **Bun, Peaches** and **Milk**

Of course they can take other combinations or all 5 food groups!

The choice is up to them!

If your child comes home and says she didn't get enough to eat at lunch, ask if she is taking all of her **fruit** and **vegetable** choices!