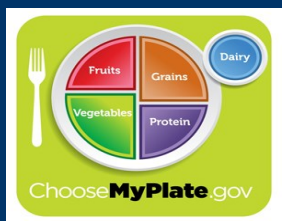


MEAL CHOICES

Breakfast and lunch are served at each school in the Brookhaven School District. Our recipes are designed to meet the nutritional standards of USDA and to include student favorites. Menus are planned around five components, or food groups: meats/protein, grains, fruits, vegetables and milk. We use a concept called "Offer versus Serve" to allow students to choose only the foods they want to eat and to reduce waste. At

breakfast, students must choose at least one fruit. At lunch, students must choose at least one fruit or vegetable.



JOIN US FOR BREAKFAST

Breakfast provides benefits.... Make it a priority! Breakfast helps with:

- ◆ Higher test scores
- ◆ Improved attendance
- ◆ Fewer trips to the nurse
- ◆ Improved classroom behavior
- ◆ Improved learning

NUTRITION & FITNESS

The winning recipe for a healthy lifestyle includes a good nutrition and physical activity. Your body needs a variety of nutrient rich foods to grow and prevent illness. Your body also needs to move and exercise every day. The Brookhaven School District provides physical education in accordance with the Physical Education Rules and Regulations as approved by the MS Department of Education.



BENEFITS OF SCHOOL MEALS

- ◆ Meals are less than 10% from saturated fat and contain zero grams of trans fat.
- ◆ All school lunch and breakfast meals are served with the choice of a minimum of 1/2 cup portion of fruit or vegetables.
- ◆ Compared to average lunches from home, school lunches contain:
 - *Three times as many dairy products
 - *Twice as much fruit
 - *Seven times as many vegetables
- ◆ School lunch participants have substantially lower intakes of added sugars than non-participants.

FREE/REDUCED MEAL BENEFITS

Free and Reduced Meal Applications are available at the Child Nutrition Department at Mullins School. You are encouraged to apply for meal benefits each year even if you think your household may not qualify! Families must apply each school year to receive benefits. Fill out one application only for your household per year. Include all students in your household. You may update your household Free/Reduced Meal Application at any time during the school year if you have changes.

HEALTH IS LIFELONG

Proper nutrition in the school age years can reinforce lifelong eating habits that contribute to a student's overall well being. This will help them to grow and learn to their fullest potential... and then go on to lead a long healthy life.

WELLNESS COMMITTEE

If you are interested in being part of the wellness committee at any of our schools, please contact the school principal for more information.

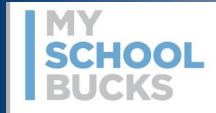
TECH TOOLS

Website

www.olebrookcafe.org

Access your account online:

- Visit www.olebrookcafe.org to access your My School Bucks account.
- Pre-pay online
- Check your balance
- Receive low-balance notifications
- Get the new MySchoolBucks app!



Sign up for emailed menus:

- Go to www.olebrookcafe.org and click the "Menus" tab.
- Click the "Going Green Menus" button and sign up!

Download the menu app:

Available in the App Store and Google Play! Search for "Web Menus for School Nutrition and Fitness"



Find us on Facebook:

Brookhaven School District
Ole Brook Cafe



CHARGE POLICY

Neither students nor adults will be allowed to charge meals. The Child Nutrition Department will send "low balance" letters home with students to remind parents to send money. We will also provide envelopes to elementary students for breakfast and lunch payments. We also have an online payment option available. Please visit our district website, www.brookhavenschools.org, and click on cafeteria payments and follow the prompts to set up an account or visit the Child Nutrition website at www.olebrookcafe.org and click on My School Bucks. You may also sign-up to receive emails to alert you to your child's balance on account. We will make every effort to ensure that parents know the child needs money on their account. If the child comes to the cafeteria and does not have money, he or she will be sent to the office to borrow money or to call home for money. Repayment of the loan is the responsibility of the student/parent. If you have questions regarding this do not hesitate to call the Child Nutrition Office at 601-833-2886.

LUNCH PRICES

Paying.....	\$2.50
Reduced.....	\$0.40
Student Additional Lunch...	\$3.00
Teachers	\$3.00
Guests/Parents	\$3.00

BREAKFAST PRICES

Paying.....	\$1.25
Reduced.....	\$0.30
Student Additional B'fast..	\$2.00
Teachers.....	\$2.00
Guests/Parents.....	\$2.00

USDA and Brookhaven School District is an equal opportunity employer and provider.

Office: 601-833-2886

www.brookhavenschools.org

www.olebrookcafe.org

www.facebook.com/olebrookcafe

OFFICE
OF
CHILD
NUTRITION

Brookhaven School District