

# Gregory-Portland I.S.D Food & Nutrition Services

## REIMBURSABLE MEAL PRICES

School	Breakfast	Lunch
Pre-K – 5th		
Student	Free	Free
Staff	A-La-Carte	A-La-Carte or \$4.00
Visitor	A-La-Carte	A-La-Carte or \$4.50
6th – 12th		
Student	Free	Free
Staff	A-La-Carte	A-La-Carte or \$4.00
Visitor	A-La-Carte	A-La-Carte or \$4.50



The Gregory-Portland ISD Food & Nutrition Services Wildcat Cafe is managed by a team of food and nutrition professionals that are dedicated to students' health, well being and their ability to learn. We participate in the National School Lunch Program, School Breakfast Program and Summer Feeding School Program. All these programs are administered by the United States Department of Agriculture (USDA). In addition,

Gregory-Portland ISD Food & Nutrition Services Wildcat Cafe follows the regulations of the Texas Department of Agriculture (TDA), San Patricio County Health Department and G-PISD Board of Trustees. Gregory-Portland ISD Food & Nutrition Services Wildcat Cafe is a self sustaining operation. No funds from Gregory-Portland ISD General Fund are used in the operation of Food & Nutrition Services. Wildcat Café receives money from the federal government under the four federal programs we operate.

Wildcat Café believes good nutrition and learning go hand in hand. We support learning by promoting healthy habits for lifelong nutrition and fitness practices. We provide students with access to a wide variety of appealing foods that meet the health and nutrition needs of students. Food and beverages sold or served at school meet the nutrition recommendations of the United States Department of Agriculture (USDA) regulations, 2010 Dietary Guidelines for Americans and the Texas Department of Agriculture's (TDA) Texas Public School Nutrition Policy.

Menu development is established according to the popularity of the food based on student input and participation figures. Each menu item is then nutritionally analyzed to ensure it meets the federal requirements enforced by USDA. This year will bring new nutritional guidelines for each grade level. These guidelines were put in place when President Obama signed the Healthy, Hunger-Free Kids Act December 2010. All items served to students must meet the following guidelines.

## SMART SNACKS IN SCHOOLS NUTRITION STANDARDS

**All food sold in schools between midnight and 30 minutes after the official school day ends must:**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
- These guidelines include **all fundraising events** prior to 30 minutes after the end of the official school day.

**Foods must also meet several nutrient requirements:**

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 230 mg\*\*
  - Entrée items: ≤ 480 mg
- Fat limits:
  - Total fat: ≤35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods
- These guidelines include **all fundraising events** prior to 30 minutes after the end of the official school day.

*Operational Facts*

# Gregory-Portland I.S.D Food & Nutrition Services



Gregory-Portland ISD utilizes PayTek recovery and verification service for all checks received. In the unlikely event your check is returned unpaid by your bank, PayTek will redeposit your check electronically. Additionally, you understand and agree that PayTek may electronically collect the maximum returned check fee allowed by law plus applicable sales tax. The use of a check for payment is your **acknowledgment** and **acceptance** of this policy and its terms. If you need to contact PayTek, please call 1.800.641.9998.

**Lunch Money Now on-line payments** – A safe and secure way to add money to your child/ren account using Pay Pal, MasterCard, Visa, American Express, Discover, or your bank card. Eliminates lost, stolen or forgotten check and cash. Deposits are made every 30 minutes Monday – Friday, 6 AM – 2 PM. The convenience fee can be as low as \$2.50 per family as long as each child is entered prior to the payment screen. Money left unclaimed due to graduation or withdrawal will become property of Gregory-Portland ISD Food & Nutrition Services after 12 months of inactivity.

**FREE email low balance notices** – This is found inside Lunch Money Now. You can set your limit from \$2.00 to \$20.00 and when your child reaches the set limit, you will receive an email reminding you to add money to the account.

**FREE meal activity information** – This is found inside Lunch Money Now and you can view the meal activity of your child for the last 30 days. This site is update nightly.

If you don't have access to a computer at home, most campuses has designated visitor computers in order to utilize this technology. All this information can be found at [www.wildcatcafe.org](http://www.wildcatcafe.org). If you have any questions or need assistance, please call 361-777-1098 to reach any cafeteria as well as the Food & Nutrition Services department offices.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
(2) fax: (202) 690-7442; or  
(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

*Operational Facts*