



Food and Nutrition Services / Guidelines

At Rising Sun-Ohio County Community Schools, we take pride in serving nutritious meals daily to our students. Research has shown eating a nutritious breakfast and lunch help students stay alert and perform better in school. In an effort to help more children benefit from these nutritious meals, Rising Sun Schools participate in the USDA National School Breakfast and Lunch Program. Meals, foods, and beverages sold or served at Rising Sun Schools meet state and federal requirements, which are based on the USDA Dietary Guidelines. We provide students access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

School Meals

- Rising Sun Schools will offer breakfast and lunch daily.
 - Breakfast is served from 7:30-7:55 a.m. each day in the OCEMS and High School cafeterias.
- School personnel will encourage students to choose and consume full meals.
- All meals will comply with State and Federal meal pattern requirements and regulations.
 - Grades 3-12 operate the Offer vs. Serve meal pattern.
 - <https://www.doe.in.gov/sites/default/files/nutrition/parent-ovs-lunch-and-breakfast.pdf>
 - Only one meal per day may be sold to a student. Items that exceed the number of items that constitute a lunch, will be charged A la Carte prices.
 - Meals not meeting the state minimum requirements will be charged A la Carte prices.
 - Visiting student meals will be charged A la Carte prices.
 - Adult and non-student meals must meet the same requirements as a student lunch. These lunches are charged at a higher rate than a student lunch.
- Parents are responsible for providing a packed lunch for field trips. If the lunch happens to be forgotten, the cafeteria will supply a packed lunch that meets the state guidelines and the lunch will be charged to the student's account.
- Drinking fountains are available for students to get water at meals and throughout the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.

Procedures for Student Lunch/Meal Accounts

Rising Sun Schools use a computerized meal accounting system for breakfast and lunch. Each student will have a P.I.N. (Personal Identification Number). This is a debit account (not a credit account). This means that money is deposited into the account, then the student can purchase food items using it. If there is money in the account, the purchases are deducted. You may pay by cash or check payable to OCEMS, Rising Sun High School or Rising Sun-Ohio County Comm. School Corp. You may also sign up at EZSchoolPay.com and make payments into your student's account online.

Breakfast - \$1.25 for grades PS-12th

Lunch - \$2.75 for grades PS-2nd \$3.00 for grades 3-12th

- In order to purchase A la Carte items and/or extra milk, money must be in the student's account.
- Accounts that have been incorrectly charged because of stolen or misused PIN numbers will be adjusted to reflect the correct balance.
- All cafeteria purchases are to be prepaid before meal service begins. Parents can pay by cash, check or online at EZSchoolPay.com.
- Communication will be made with parent/guardians(s) to resolve unpaid meal charges.
 - Cafeteria cashiers will give students verbal reminders when their account balance is low.
 - Reminders will be given to students in grades PS-5 when balances are low.
 - Automated calls will go out to parents/guardian(s) Monday-Friday for students with negative balances.
 - If a balance is not paid and/or no response is received from parent/guardian(s) within 30 days, the information will be sent to the Superintendent's office for further action.
- If balances fall into the negative, an alternative lunch (consisting of peanut butter or cheese sandwich and milk) will be served until the balance is paid.
- A student with a negative balance **may not** charge or purchase "a la carte" item(s), including extra main entrees.
- If a student repeatedly comes to school without a lunch or money, food service employees must report this to the building principal as this may be a sign of abuse or neglect. The proper authorities will be contacted on a case by case basis.
- Students who graduate or withdraw from the corporation and have \$50.00 or more left in their meal account will be notified by mail or phone. The parent/guardian(s) will be given the option to transfer the funds to another student account or to receive a refund. If a student has less than \$50.00 in their account, a refund or transfer of funds will only be issued upon request. If no response is received within 30 days the student's meal account will close and the funds will no longer be available. Unclaimed remaining balances will be transferred to an "other revenue" account.

EZSchoolPay

Rising Sun Schools offer the Online EZSchoolPay (Lunch Program) service to parent/guardians(s) for students. Parents are always welcome to check the accounts of their children at any time free of charge. There is no cost associated with balance inquiries, viewing transaction history for the past 30 days and getting email alerts on balances. EZSchoolPay service also allows parents to make deposits to their account for a fee. (\$3.00 per transaction). EZSchoolPay is available online or for free on the app store for Android and iOS users.

Information on signing up for EZSchoolPay is available at the Elementary and High School offices or online at <http://risingsunschools.com/apps-menu/ezschoollpay>.

Free and Reduced Meals

Our district participates in both the National School Breakfast Program and the National School Lunch Program. Through these programs, free or reduced-cost meals are available to children whose families meet certain income criteria. Applications are available at all school offices and on the school webpage. All application information is confidential. Students eligible for free meals will be served a complete meal at no charge. Students eligible for reduced price meals will be provided breakfast for \$.30 and lunch for \$.40. The automated meal accounting computer system does not allow identification of the free and reduced students. Parents/Guardians are responsible for the full payment of meals until they receive a determination letter that their child has been approved for free or reduced price meals.

Lunch Visitors

Due to an increase in safety and security concerns, both the OCEMS and RSHS buildings are closed campuses during lunch. This means that no outside visitors or guests are allowed to eat lunch with the students. Parents/guardians wanting to deliver lunch to their children must leave the items in the office. The items will then be delivered to the student or held for them to be picked up in the office.

Classroom Food and Beverage Policy

- Rising Sun Schools will only allow food and/or drink items that are provided for an entire class by parents, guests, or anyone else to be store bought. The items must be in the original package and have the nutritional information attached and clearly visible. No homemade items will be allowed to be served to an entire class. The only exception to this is fresh produce, for example, whole apples, bananas, grapes, etc.

Vending Machines

- Middle school students attending classes at the high school will not be permitted to purchase items from the vending machines.

Energy Drinks

- Students under age 16 are not permitted to bring/consume power drinks on the school campus. (Students possessing energy drinks will be asked to throw the item away.)