

Dear Parent or Guardian:

All students enrolled at VCP are eligible to receive free breakfast. This year, we need your help to make sure all students are fully prepared for academic success. We all know that hungry children have a more difficult time doing their best work. That's why we encourage all students to energize their school day with a nutritious breakfast.

The School Breakfast Program is available to all students every weekday morning. You do not have to register your child in advance. Your child can eat breakfast at school every day or only occasionally. School breakfast makes good sense- every day, students are offered meals that include servings of fruit, whole grain-rich items, and low-fat or fat-free milk. These breakfasts are well balanced and follow standards backed by the best nutritional science available. Participation in the program also affords children a chance to enjoy a morning meal with their friends.

School Breakfast is an ideal solution on busy mornings when kids are running late, or parents must be at work early. Whatever the reason, if breakfast at home is not convenient, please have your child take advantage of breakfast here at school so that they may enjoy the numerous benefits of starting their day with a healthy meal.

School breakfast is served from 7:30 a.m. to 7:55 a.m. If your student needs school breakfast, please arrive before 7:50 a.m.

Thank you for helping us to make sure that all students start the school day alert, well-fed, and ready to learn.

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***For all other FNS nutrition assistance programs, state or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:***

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, audiotape, American Sign Language), 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: [How to File a Complaint](#), 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:

1. *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.*

# All students at VCP receive FREE breakfast and lunch

## 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!

**Don't forget about breakfast!** Join us each morning, breakfast is a great way to kick off your child's day!

Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast, one must be a **fruit** or **vegetable**.