

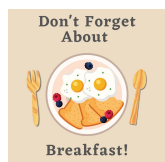
Understanding the Lunch Line: A Parent's Guide

South Harrison Community School Corporation cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school meals!

Each day, your child is offered a lunch containing the following food groups: Meat or Meat Alternate, Grain, Fruit, Vegetable and of course, Milk!

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

Be sure to ask your child if they are taking all of their fruit and vegetable choices!



Don't forget about Breakfast! Join us each morning as breakfast is a great way to kick off your child's day! Breakfast will include one entree, two servings of fruit, and 8 ounces of low fat milk.

Meal Modifications:

Any requests for special dietary need accommodations for a student with a disability that restricts the diet must provide the [Special Dietary Needs Form](#) signed by a State-authorized medical authority. If a student's IEP or Section 504 plan contains the same information that is required on the [Special Dietary Needs Form](#), then it is not necessary to obtain and submit a separate [Special Dietary Needs Form](#).

A compliant [Special Dietary Needs Form](#) does not need to be updated annually. However, the Special Dietary Accommodation Coordinator may seek clarification or updates on special dietary needs annually.

The Special Dietary Needs Form can be found on the South Harrison Community School Corporation website at www.shcsc.k12.in.us under Menu/Dining. All [Special Dietary Needs Forms](#) should be submitted to ZimmermanS@shcsc.k12.in.us.

Food Preferences:

When a request for a special dietary accommodation is not supported by a [Special Dietary Needs Form](#) or included in a student's IEP or 504 plan, Food Services cannot provide modified meals that are not in compliance with USDA Child Nutrition Program requirements. Food Services is not required to make modifications to meals based on food preferences or religious beliefs of a family or child. In most cases, the student can be accommodated at meal time as a variety of nutritious foods are available for them to choose from; allowing the student to create and build a meal meeting their personal preferences. In addition, the "offer versus serve" provision, which allows students the option to decline one or two of the components in the normal (reimbursable) school meal, can assist in accommodating an individual's particular diet.

Cross Contamination:

Cross Contamination is a complicated issue for all students with allergies. We are able to identify allergens in foods, but unable to guarantee prevention of cross contamination from all possible allergens. Some products may come into contact with possible allergens in manufacturing plants, distribution centers or our school kitchens.

Thank you,

South Harrison Community School Corporation Food Services

USDA is an equal opportunity provider, employer, and lender.

School Year 2026-2027