

Frequently Asked Questions

Who develops the school menus?

Fluvanna County School menus are planned by the Food Service Supervisor. Menus must follow the guidelines set by the National School Lunch Program and the Virginia Department of Education.

What does a school lunch include?

A school lunch includes 5 components:

MEAL COMPONENT	Grades K–5	Grades 6–8	Grades 9–12
	Amount of food per day		
Fruits *	½ cup	½ cup	1 cup
Vegetables *	¾ cup	¾ cup	1 cup
Grains	1oz. eq.	1 oz. eq.	2 oz. eq.
Meats/Meat Alternates	1 oz. eq.	1 oz. eq.	2 oz. eq.
Fluid milk (1%, FF, FF Flavored)	1 cup	1 cup	1 cup

*Every reimbursable meal must contain ½ cup of fruit or vegetable.

Who determines the portion size of the school meals?

Portion sizes are determined by the federal guidelines of the National School Lunch Program. Each lunch provides 1/3 of the recommended daily allowance for children in calories and nutrients.

What is the cost of a school breakfast and lunch?

We provide delicious & nutritionally balanced breakfast, lunch & afterschool snack, free of charge to FCPS students each school day.

- Adult Breakfast = \$3.75
- Adult Lunch = \$5.50

Do students have to take all food items being offered?

PreK students must take all 3 meal items for breakfast and all 5 meal components for lunch. Students K-12 need to take 3 meal items for breakfast or lunch. Students K-12 must be allowed to decline two items at lunch, except that the students must select at least ½ cup of either the fruit or vegetable component.

Choose Three

Fruits	Vegetables	Meat/Meat Alternate	Grains	Milk
Apple	Broccoli	Chicken		
Apple	Broccoli		Bread	
Apple	Broccoli			Milk
Apple		Chicken	Bread	
	Broccoli	Chicken	Bread	
	Broccoli	Chicken		Milk
	Broccoli		Bread	Milk
Apple		Chicken		Milk
Apple			Bread	Milk

Choose Four

Fruits	Vegetables	Meat/Meat Alternate	Grains	Milk
Apple	Broccoli	Chicken	Bread	
Apple	Broccoli	Chicken		Milk
Apple	Broccoli		Bread	Milk
Apple		Chicken	Bread	Milk
	Broccoli	Chicken	Bread	Milk

Or Choose

Fruits	Vegetables	Meat/Meat Alternate	Grains	Milk
Apple	Broccoli	Chicken	Bread	Milk

ALL Five!

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www.doe.virginia.gov/support/nutrition/index.shtml



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What time are schools required to schedule breakfast and lunch?

Federal regulations require schools to schedule lunch between the hours of 10 a.m. and 2 p.m. There are no specific time requirements for breakfast; federal regulations define breakfast as a meal which is served to children in the morning hours at or close to the beginning of the school day.

How do I put money on my child's account?

You can send in cash or check. Please make checks payable to your child's school with a note of your child's name or student # on the check. You can also set up a [MySchoolsBucks](#) account.

What happens if my child forgets his/her lunch money?

Food Services understands that situations may occur when a child forgets their lunch money and we will offer a reimbursable breakfast and lunch daily to any student, regardless of an immediate ability to pay. A meal charge is defined as a short-term loan for a child to eat because the child forgot lunch, their lunch money or has lost it. Food Services does not allow charges for snack items. If a child's account has a negative balance, the account needs to be paid in full prior to making any additional snack purchases.

Are students able to purchase extra items?

Students are able to purchase extra items by using cash or monies on their meal account. Students who have a negative account balance will not be allowed to purchase extra items.

Can parents limit their child's a la carte purchases?

Yes. Parents can limit access to a la carte purchases by writing a note to the cafeteria and it will be noted on their account. Parents may also request to the cashier for a detailed report of any items purchased in the cafeteria.

Why are adult meal prices higher than a student meal?

Adults pay higher prices for school meals than students because student meals are subsidized with federal and state monies. Federal regulations state "adult prices must be the full cost or at least the price paid by students plus the rate of federal and state reimbursement and the value of USDA donated foods."

How is confidentiality of my student's account maintained?

Each child has an individual student number assigned to them when they enroll in school. The number remains the same throughout their entire enrollment in Fluvanna County Public Schools. Federal law prohibits sharing information concerning the free or reduced status of children.