

### Benefits of School Meals

- ◆ Ensures students have the nutrition they need throughout the day to learn
- ◆ Reduces food insecurity for those that qualify for free or reduced price meals
- ◆ Reduces obesity rates and poor health
- ◆ School meal nutrition standards have a positive impact on student food selection and consumption
- ◆ Lunches provide one-third of the recommended levels for key nutrients
- ◆ Provides no more than 30% of calories from fat
- ◆ Increased whole grain, fruits, and vegetables served

### MCSD Food Service Department

Supports the District's mission by providing healthy, nutritious meals for students. By feeding the body, we help support academic growth and assist in empowering all students to become responsible and contributing global citizens.



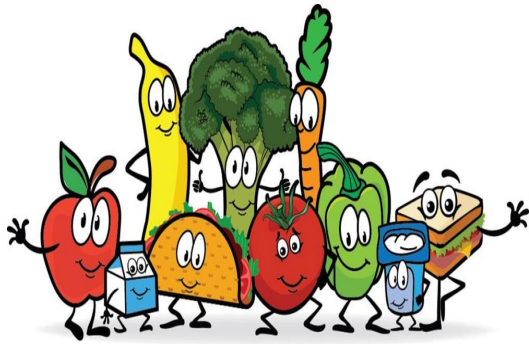
**Monroe County  
School Food Service  
2017-2018**



<http://www.frac.org>

**MCSD Food Service Department**  
241 Trumbo road  
Key West, FL 33040





## Who We Are

Monroe County School Food Service program is designed for the benefit of the student. It offers a balanced breakfast and lunch daily. Food Service works within the USDA Dietary Guidelines for Americans and provides healthy choices to assist students in selecting nutritious sound meals.

All grain products are 51% or more whole grain, cheese is reduced fat and sodium, and all foods contain minimal sugar, fat, and cholesterol.

## Our meals that are good for you

In accordance with USDA, we offer 4 components for breakfast which include French toast, bagels, eggs, biscuits, oatmeal, grits, whole grain cereal, juice, milk, and more. Students must choose 3 components to be a complete meal.

5 components are offered at lunch. Students must select at least 3 components one of which must be a fruit or vegetable, but are encouraged to choose more. In addition to the menu items of a protein, fruit, vegetable, grain, milk, we offer fresh salad plates, yogurt meals, and a variety of sandwiches daily.

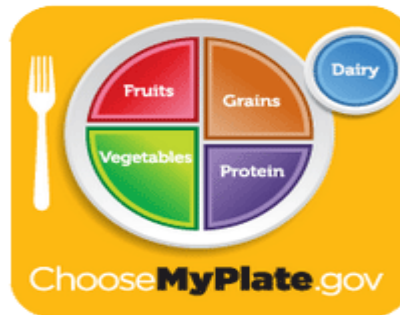
## We look forward to your student at our table

## My Plate

- Focus on variety, amount, and nutrition
- Choose foods & beverages with less saturated fat, sodium, and added sugar
- Start with small changes to build healthier eating styles
- Support healthy eating for everyone

## [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Visit USDA ChooseMyPlate.gov for online tools to track what you eat, daily checklist, nutrition education, and expert advice.



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## Meal Benefits

One family application is required annually. If you have qualified for SNAP or TANIF, an application is NOT necessary.

To see if you qualify for meal benefits, fill out the online application found on our website:

[www.KeysSchools.com](http://www.KeysSchools.com) , type food service in the search bar and click the online application link.

- Quick and easy
- Access from smart phone or computer
- Fast response time

### Assistance is available:

Neilany Montero  
PH: 305-293-1400 X 53356  
Email: [Neilany.Montero@KeysSchools.com](mailto:Neilany.Montero@KeysSchools.com)

## IOU Policy

We know that sometimes parents forget to send lunch money. We allow Grades K-5 ONLY to charge a maximum of 3 breakfast meals and 3 lunch meals. Once the maximum is reached, the parent must provide the student meals until the charged meals are paid.

## Contact Us

**MCS D Food Service Department**  
241 Trumbo Road  
Key West, FL 33040

305-293-1400

Visit us on the web:  
[www.KeysSchools.com](http://www.KeysSchools.com) then type **FOOD SERVICE** in the search bar