

OFFER VERSUS SERVE

We are offering free lunch & breakfast through the Community Eligibility program. Adult breakfast is \$3.00, and lunch is \$4.95. Milk is available to those who bring their lunch for .40 cents.

St. James School has used Offer versus Serve for their School Lunch Program for many years. The following information will help you have a better understanding of offer versus serve.

In the National School Lunch Program, meal patterns are designed so that over a period of time school lunches will provide children with approximately one-third of the nutrients they need.

A school lunch consists of four different food items from four food component groups. The four food items are: 1.) one serving of meat or meat alternate; 2.) one serving of fruit, 1/2 cup, 3.) one serving of vegetable, 3/4 cup, 4.) one serving of grain, 3.) one serving of fat free chocolate milk or 1% white, 1 cup.

Under offer versus serve the following must be met:

1. All four food groups must be offered to all students.
2. The serving size must equal the minimum required quantities.
3. The lunch must be priced as a unit and the student may take all items for the same price.
4. Students must have the option of which items to decline, but must have at least three of the components.
5. Student must take a fruit or vegetable.

Breakfast will be an assortment of whole grain muffins, cereal, yogurt, fruit, 100% fruit juice, and fat free chocolate or 1% white milk.

Thank you,
Sandra Maloy

If you have any questions or suggestions, please feel free to call me: Sandra Maloy, School Lunch Manager, at 315-287-0130.

The USDA is an equal opportunity employer.

Meal Modification

My child has a food allergy! How do I notify the school?

Please provide a physician's statement, which must indicate the allergy, how it restricts the child's diet, the food(s) to be omitted from the child's diet, and the food(s) that must be substituted. The statement can be faxed to 315-287-0111, or given to the main office at St. James.

If you would like to speak to a nutrition expert to determine which menu items your child can or cannot consume, please call the school at 315-287-0130.

What is the difference between a food allergy and a food intolerance?

A food allergy is an immune reaction. This means the body's immune system identifies a food as dangerous and then creates antibodies that lead to an allergic response. Severe cases of an allergic reaction may cause anaphylactic shock, which is when your blood pressure drops so low that your cells and organs do not get enough oxygen. If not treated right away, anaphylactic shock may be life threatening. Food intolerance is caused by the body not producing proper enzymes to break down elements of a food. As a result, those with food intolerance may have difficulty digesting certain foods. It is important to note that a food intolerance is different from a food allergy. Oftentimes people with an intolerance may eat a small amount of these foods without a reaction. Food intolerances are non life-threatening and SJS does not provide substitutions for food intolerances.

What is the emergency reaction plan in the event of an allergic reaction?

Should an allergic reaction occur, the school will immediately call 911. We then notify the Gouverneur Central School District Health Office, and a school nurse will report immediately to the school. Parents/caregivers will also be notified. If the emergency requires the use of an epi-pen, trained staff will administer the epi-pen per medical orders and send the epi-pen with the student to the emergency room.

How does the school prevent bullying around food allergies?

Having a food allergy is considered a disability. A student experiencing bullying based on a disability is discrimination and is a Section 504 violation. Please contact the school with any issues at 315-287-0130. Further complaints can be directed to the Office of Civil Rights.

What if a modification is not granted?

You may file a grievance if a necessary modification is not granted. Please contact the parish priest at 315-287-0114. Further complaints can be directed to the Office of Civil Rights.