

THE NEIGHBORHOOD ACADEMY FOOD SERVICES DEPARTMENT

All students eat for free!

The Food Service Department of The Neighborhood Academy (TNA) strives to keep the children of the district healthy and focused. Beginning in the 2016/2017 school year, the school menus were designed to meet strict guidelines from the United States Department of Agriculture. The guidelines are based on the latest nutrition research from leading associations and a panel of experts in health and nutrition. The school breakfast and lunch menus are prepared and analyzed to meet these nutrition guidelines. Since 2016, The Neighborhood Academy's menus have improved drastically and now include the following:

- All grains served are whole grain rich.
- Fruit options are available at breakfast and lunch.
- Variety of vegetables served at lunch.
- <10% of calories from saturated fat
- Lower sodium
- Age-appropriate calorie limits
- Fat-free or 1% milk offered only.

For special dietary accommodations, please complete this <C:\Users\TNA 01-20\Desktop\PEARS\Medical Plan of Care.pdf> and submit it to your school nurse, food service staff, and/or the registered dietitian.

- **Breakfast**

The Food Service Department recognizes the importance of nourishing children in order to optimize learning, and therefore every student is encouraged to eat breakfast every day. Studies show that students that eat breakfast at school:

- perform better on standardized tests,
- have improved concentration, alertness, comprehension, memory, and learning,
- have better attendance,

- have fewer disciplinary office referrals,
- are less likely to be overweight,
- have improved nutrition.
- eat more fruits,
- drink more milk, and
- consume a wider variety of food.

Breakfast is served every day from 7:30 a.m. -8:00 a.m. and free to all students.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov