

# FAQ

## School Nutrition Program

Children need healthy meals to learn. Solid Rock Academy, Fayette County and Clayton County offers healthy meals every school day.

- 1. Students
- 2. Parents
- 3. Principals
- 4. Teachers
- 5. School Nutrition Program Staff

### **Why is breakfast so important?**

Eating breakfast at school is one of the smartest ways your child can begin the day. A hungry child just cannot concentrate on learning. Research proves breakfast is the most important meal of the day. It breaks the fasting of our bodies while we sleep and gives us fuel for starting a new day. In most studies, children who eat breakfast improved their grades. Teachers observed increased attentiveness, motivation, self- discipline and concentration in students who participate in the School Breakfast program.

### **Is lunch served at school?**

Every student needs lunch during the school day. Many students would receive no meal or a nutritionally poor meal if they had to bring their own lunch. A child with an empty stomach is lethargic, irritable and is not able to participate fully in learning experiences. Good nutrition is critical to student achievement.

### **What is Offer vs. Serve?**

Offer vs. Serve (OVS) allows students to decline a certain number of food items in the meal. The goal of OVS is to allow students the option of declining foods they do not intend to eat to minimize plate waste and encourage schools to offer more food choices.

**What is in a breakfast meal?**

A reimbursable breakfast consists of an entrée (2 breads or 1 bread and 1 meat), 1 fruit or fruit juice and milk.

**What is in a lunch?**

A reimbursable lunch meal consists of servings of grain, meat/meat alternate, fruit, vegetable and milk.

**What is a meal component?**

A meal component is one of the five food groups (meat/meat alternate, grains, fruits, vegetables and milk) that make up a reimbursable meal.

**Are your kitchens inspected?**

Yes. Each kitchen is inspected by the Georgia Department of Public Health twice a year. The results of these inspections are posted in each cafeteria as well as on our website. In addition, we comply with any food safety recall notices when they are issued.

**Do you still have any questions?**

For answers to any other questions, please contact our Nutrition Services office at 770-997-9744.

This institution is an equal opportunity provider

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