

Friendship PCS Meals Programs and Policies

Food and Nutrition Services (FNS) supports scholars' health and achievement by ensuring that all FPCS scholars receive nutritious meals that support academic success. We believe in providing appetizing school meals made from fresh, nutritionally balanced ingredients. Making nutritional education available to scholars is a part of our Local Wellness Policy (LWP), and our goal is to help students explore healthy food options and build lasting healthy choices at meal time. FPCS participates in the following Child Nutrition Programs through the United States Department of Agriculture (USDA): School Breakfast Program, National School Lunch Program, Child and Adult Care Food Program, After School Snack Program, Fresh Fruit and Vegetable Program, and the Summer Food Service Program. Meals and snacks provided to scholars through these programs are served at **no cost to scholars** and comply with all current Federal and District nutritional standards and guidelines.

School Breakfast Program (SBP)

Recognizing that a healthy breakfast is essential to getting our scholars' learning experience off to a great start every day, we strive to provide every scholar with a breakfast they will enjoy. Breakfast menus include a variety of items such as cereal, pancakes, waffles and breakfast sandwiches, as well as fresh fruit and fruit juice and skim or low-fat milk. PreK – 8th grade scholars are served Breakfast in the Classroom (BIC). High school scholars are offered breakfast in the cafeteria and also have grab 'n' go options.

National School Lunch Program (NSLP)

Lunch is not only an opportunity to recharge energy levels, but to allow scholars time to relax and enjoy social time with their peers. Our offerings for lunch are tailored to your scholars' age groups both in portion sizes and age appropriate menu items. Lunch meals include a variety of sandwiches, salads, home-style items like pastas, baked chicken, and turkey and gravy; and of course healthy pizza made with whole grain crust and reduced fat cheese. Those entrees are supplemented with fresh and cooked vegetables, fresh fruits and fruit juice and skim or low-fat milk. Chef Salads are available on a regular basis as an option to the regular menu items offered and include fruit and milk choices.

Child and Adult Care Program (CACFP) & After School Snack Program (ASSP)

Supper meals are provided through our participation in the CACFP. Scholars who are enrolled in Friendship Cares after school programs will be provided supper daily. The meals served are similar to lunch meals, with an enhanced focus on more of the home-style items. For scholars participating in other after school programs and activities such as clubs and tutoring who receive at least one hour of education or enrichment we provide a healthy snack, which includes items such as whole grain snacks, fresh fruit and milk and juice.

Fresh Fruit and Vegetable Program (FFVP)

The goal of the Fresh Fruit and Vegetable Program (FFVP) is to improve scholars' overall diet and create lifelong eating habits to positively impact their present and future health. This program enables students in grades PreK3 – 8 to sample a unique selection of fruits and vegetables several times per week in the classroom and is combined with educational curriculum.

General Program Notes:

Following guidelines established by the Healthy Hunger Free Kids Act of 2010 and the DC Healthy Schools Act and Healthy Students Amendment Act of 2018, our meals have evolved to include the following nutritional standards:

- All grain based items are either whole grain or whole grain enriched,
- Sodium levels have been reduced from those prior to the recent regulation updates,
- Calorie ranges and portion sizes are age appropriate for PreK, K-5, 6-8, and 9-12th age groups,
- Fruit is served with breakfast, lunch and supper, fruits and vegetables are served at lunch and supper,
- Milk offered is either skim or low-fat and based on DC specific regulations is unflavored, for those scholars who experience lactose intolerance lactose free options will be tailored to your individual scholar's needs and preferences from a list of approved substitutes,
- Vegetarian meals are available upon request for both breakfast and lunch, when the daily offerings don't meet those standards (normally when meat is included in the entrée portion),
- Pork, and items including pork byproducts are not served in any of our meal programs,
- Accommodations for scholars with special dietary needs will be made whenever possible, and include, but are not limited to substitutes for:
 - Diabetes or other health conditions
 - Food allergies
 - Religious or cultural reasons
- Filtered water is available during each meal period and throughout the school day.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;

- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

District of Columbia Human Rights Act

Also, the District of Columbia Human Rights Act, approved December 13, 1977 (DC law 2-38; DC official code §2-1402.11(2006), as amended) states the following:

It shall be an unlawful discriminatory practice to do any of the following acts, wholly or partially for a discriminatory reason based upon the actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, family responsibilities, genetic information, disability, matriculation, or political affiliation of any individual. To file a complaint alleging discrimination on one of these bases, please contact the District of Columbia's Office of Human Rights at (202) 727-4559 or ohr@dc.gov