

**Frisco ISD Nutrition Program  
Account Restriction Form  
2022-2023**

**IF YOUR RESTRICTIONS ARE DUE TO FOOD ALLERGIES: Please submit the Special Diet Accommodation form, which must be signed by the student's physician.**

**WHAT IS A MEAL?**

Frisco ISD participates in the National School Breakfast and Lunch programs and receives government reimbursement and donated commodities for each meal served. In return, the district must serve meals which comply with specific guidelines based on the 2010 Health Hunger Free Kids Act and USDA Standards. All schools must offer foods, individually or in combination dishes, from the following main food groups (called meal components): Grains, Meat or Meat Alternative, Milk, Fruit, and Vegetable.

Students are encouraged to try an item from each offered component and may select all 5 of the offered components for the best possible nutrition. The minimum number of components required is 3 for a well-balanced, reimbursable meal. All reimbursable meals must include the selection of at least 1 fruit or 1 vegetable. Students who select fewer than 3 components, or who do not choose a fruit or vegetable will be charged for their selections based on a la carte prices. **THIS APPLIES TO BOTH BREAKFAST AND LUNCH.** Students may take all five components but are not required to take all meal components in order to complete a meal.

Frisco ISD uses the Offer vs Serve method to allow students more flexibility when choosing from multiple main dishes, side dishes, fruits and vegetables every day. Daily non-fat milk options include white and chocolate. One or more vegetarian options are offered each day. Frisco ISD follows all federal, state, and local school nutrition regulations. For more information about the specific guidelines concerning student meals, please visit [www.fns.usda.gov](http://www.fns.usda.gov).

**UNPAID MEAL POLICY**

Our Unpaid Meal Policy is to ensure that all students are provided with a healthy meal during the day, even if their account does not have adequate funds in it. The complete policy is available for review at [www.friscocafe.org](http://www.friscocafe.org). **If you have a negative balance and wish to work out a payment plan, please email [friscocafe@friscoisd.org](mailto:friscocafe@friscoisd.org).**

Date			
Student ID		Campus	
Student First Name		Student Last Name	
Name of Parent		Parent Signature	
Parent Phone		Parent Email	

**RESTRICTION OPTIONS**

These are the restrictions that our system can enforce. You may add additional comments or restrictions, but there is no guarantee that we can enforce them. If you wish to set spending limits, and/or limit the quantity and/or frequency of a la carte purchases, you may do this via the schoolcafe portal. PLEASE NOTE that restrictions will stay in place until a new form is submitted to us.

**ACCOUNT RESTRICTIONS**

- Student may purchase a meal only. No a la carte items may be purchased from account.
- Specific **a la carte items** to be restricted:  Cookies  Chips  Ice Cream

**DIETARY PREFERENCES**

In order to better accommodate your student's food preferences, please indicate below the food categories you would like to exclude from your student's tray:  Beef  Dairy  Egg  Fish  Pork  Poultry  Shellfish

**Please return signed form to [friscocafe@friscoisd.org](mailto:friscocafe@friscoisd.org).**

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