

## FRISCO ISD CAFES

We are committed to providing safe, nutritious food, prepared fresh daily, and teaching our children healthy habits that can last a lifetime.

- **Breakfast**  
Served daily in your child's cafeteria to help students jump start the day with a healthy nutritious meal.
- **Whole Grains**  
Menus offer whole grain-rich options for breakfast and lunch!
- **Fresh Fruits and Vegetables**  
Each elementary café typically offers a fruit and veggie bar. *These have been temporarily removed due to COVID restrictions.*
- **Lean Protein Options**  
Schools offer whole-muscle chicken, lean beef, pork, fish, as well as meatless options.
- **Low Saturated Fat and No *trans* Fat**  
All school meals contain less than 10% saturated fat and no *trans* Fat.
- **Low-Fat and Fat-Free Milk**  
Schools offer low-fat white and fat-free chocolate milk daily.
- Recipes are developed by our Culinary Team.
- **Local** products are used in our cafeterias.
- **Meatless** entrées are offered daily at all campuses.
- **Smart Snacks** nutrition standards for all foods sold in schools, balancing science-based nutrition guidelines with practical and flexible solutions to promote healthy eating. These items meet Smart Snacks in School standards set by the USDA. *These items are offered at an additional cost to the breakfast or lunch.* Please refer to the Price List on our website.

Use the Smart  
Snack Calculator  
to see if your snack  
meets Smart  
Snacks guidelines.



## Food Safety

Food Safety and Sanitation are critical ongoing processes that require strict procedures and training.

Frisco ISD Café Supervisors are certified in Food Protection Management, and each café receives a minimum of two annual food safety inspections. Results are posted on-site at each location.

## Green Initiatives

All FIRD staff members are trained to be good stewards of water and energy, and support recycling of boxes, cans, and plastic.

Our architects and planners for construction and renovations select energy efficient equipment.

## NUTRITION EDUCATION/PROMOTIONS

**Featured specials** are developed by our chefs and dietitians.

**Farm Fresh Fridays** are an opportunity for students to sample nutrition foods that support Texas agriculture.

**Cafeteria Tours** teach kindergarten students about café operations. *Tours have been temporarily discontinued due to COVID. We hope to resume tours once they may be conducted safely.*



### Parents may use Schoolcafe to:

- **Manage their student's account**

Make payments, view purchase history, set spending limits, and receive low balance alerts. *No fees for ACH payments!* You may also set up automatic payments to replenish funds for your student's account.

- **Apply for Meal Benefits**

Applying for meal benefits has never been easier. You can apply, submit, and track your application status from start to finish at schoolcafe.com. You may also submit a paper application. Applications are available at your student's campus and the nutrition office, or may be downloaded from our website **after** July 1, 2021. You may also apply online for faster processing. **Please note: If submitting an application, please make sure that it is for the correct school year.**

- **View menus**

Check menus, see nutritional information, and allergens. Should your student have food allergies, please complete the Food Allergy Substitution Request form and have it signed by your student's physician. The form is available at [www.friscocafe.org](http://www.friscocafe.org), Forms and Resources tab. Our dietitians are available to address dietary concerns. Please reach out to them at [specialdiets@friscoisd.org](mailto:specialdiets@friscoisd.org).

For additional information on schoolcafe.com:



### Frisco ISD Nutrition

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[friscocafe.org](http://friscocafe.org)



### Frisco ISD Nutrition's Mission Statement

Dedicated to supporting the success of our students' education and healthy lifestyles by providing quality, nutritious meals and excellent customer service.

**Better Stronger Together**

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. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider. 03 02 2021