

For the 2021-2022 school year, Frisco ISD will offer meals each school day to all students at no cost.

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 FISD 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.

- **Meal Benefits**

While no application or eligibility determination is required for your student to receive free meals this school year, income eligibility requirements will likely resume in the 2022-2023 school year. As such, Frisco Independent School District will process household applications during the 2021-2022 school year to ensure student eligibility for free or reduced-price meals during the first 30 days of the 2022-2023 school year while 2022-2023 applications are being processed.

- **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, Forms and Resources tab. Our dietitians are available to address dietary concerns. Please reach out to them at specialdiets@friscoisd.org.

For additional information on schoolcafe.com:



Frisco ISD Nutrition

12050 Rolater Road, Frisco, Texas 75035

469.633.6980

friscocafe@friscoisd.org

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. This institution is an equal opportunity provider. 03/02/2021