



PARENTGUIDE 2022-2023

LEXINGTON COUNTY SCHOOL DISTRICT ONE
FOOD SERVICE AND NUTRITION

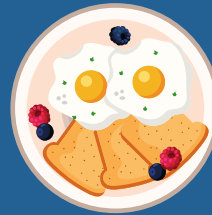
NATIONAL SCHOOL LUNCH PROGRAM

Our lunch program offers a variety of hot and cold entrées, along with fresh fruit and vegetables. Lunch includes an entrée of lean protein and whole grains, 2 servings of fruit, 2 servings of vegetables, and 1% white or skim chocolate milk.



SCHOOL BREAKFAST PROGRAM

Elementary schools have a breakfast kiosk service which allows students to take breakfast to their classrooms, while Middle and High school students will come through the serving line in the cafeteria. Breakfast includes an entrée with whole grains and/or lean protein, fruit, 100% juice, and 1% white or skim chocolate milk.



WHY AREN'T MEALS FREE IN THE '22-'23 SCHOOL YEAR?

The USDA made it possible for school nutrition programs to serve all students breakfast and lunch, at no cost, through waivers during the 21-22 school year.

Congress did not extend these waivers for the upcoming school year, so we will go back to regularly priced meals.

**This does not apply to schools that qualify for the breakfast in the classroom program. Those meals will continue at no cost.*
Please be sure to fill out a meal benefit application, which will be available July 19, 2022.*

NEW!



TITAN

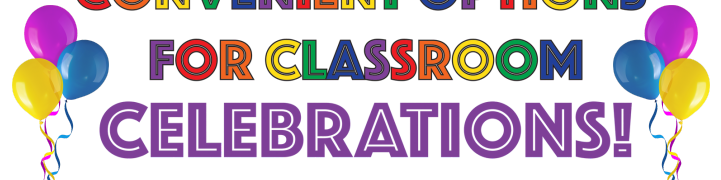
A LINQ SOLUTION

<https://family.titank12.com>

- Apply for Meal Benefits!
- Make a Payment!
- View Your Menus!



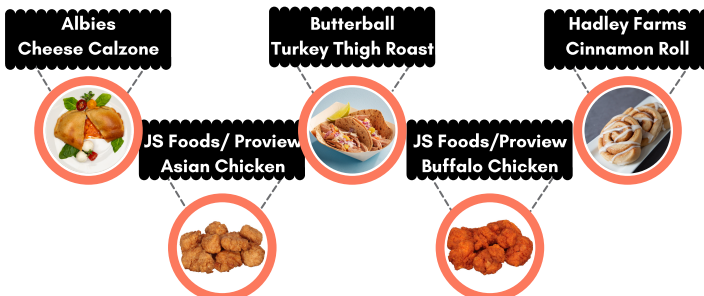
CONVENIENT OPTIONS FOR CLASSROOM CELEBRATIONS!



Birthdays, Special Days, or Any Celebration!

Meets USDA Requirements for Smart Snacks in schools. Cafe staff delivers to your child's homeroom for all to enjoy!
Contact your cafe manager to order today!!

NEW MENU ITEMS



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to

USDA by:

mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
fax: (833) 256-1665 or (202) 690-7442; or
email: program.intake@usda.gov

This institution is an equal opportunity provider.

MEAL BENEFIT APPLICATION

During the pandemic, the USDA knew a lot of people found themselves struggling financially. They did not want school food to be a concern for families, so they passed waivers allowing all students to have a free breakfast and lunch. As things are slowly getting back to "normal," Congress did not extend those waivers, so we will be returning back to regular priced meals. To see if you are eligible for Free or Reduced priced meals, be sure to fill out a meal benefit application, which will be available online beginning July 19, 2022.

CERTIFIED SC GROWN

Certified SC Grown helps our district ensure students can access healthy food during the school day, while also partnering with local growers. We source 30% of our produce from local farmers!

EAT FRESH. EAT LOCAL.



SPECIAL DIETS



To accommodate students with special diets due to a medical need, a Special Dietary Needs Form must be completed and signed by a licensed medical professional.



Scan Here

To download the form!

WHAT'S IN SEASON?



Want to know what fruits and vegetables are in season each month? Visit:
<https://certifiedsc.com/where-to-buy-local/whats-in-season/>

DID YOU KNOW?

Students who eat nutritious meals like the ones provided by LexOneFSN for breakfast and lunch experience:

- Improved Cognitive Function
- Higher Test Scores
- Better Attention Spans
- Better Classroom Behavior
- Fewer Absences
- Improved Mood



WE'RE SOCIAL!



FOLLOW US!
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CONTACT US!



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Lexington, SC 29072



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fsn.lexington1.net



<https://bit.ly/FSNstaff>

NEW PARENT PORTAL



TITAN
A LINQ SOLUTION

The TITAN Family portal is a secure, online system that allows parents:

- Make an online payment to their children's cafeteria meal accounts
 - Remotely monitor their children's accounts
 - Set up automatic recurring payments
 - Set up low balance email message alerts
 - And submit an online application for free and/or reduced meals
- <https://family.titank12.com>



Feeding Our Future

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