



**Russell Co. School Nutrition Services**  
**A NSLP Community Eligibility Provision (CEP) Participant**  
**Can save YOU \$1,700 per/enrolled child**

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270-866-6300  
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**HOW: If your child chooses to eat in any of the 5 Laker Café locations**

(Russell Co High 2166 S Hwy 127 Russell Springs; Russell Co Middle: 2258 S Hwy 127 Russell Springs; Salem: 1409 S Hwy 76 Russell Springs;  
Russell Springs Elem 1554 N Hwy 127 Russell Springs, Jamestown Ele 342 S Hwy 92 Jamestown)

We offer 3 FREE MEALS-a savings of \$1,700 per /year !

No paperwork needed simply have your child visit the Laker Café during each meal time

**WHEN: Breakfast & Lunch (Monday through Friday)**

3<sup>rd</sup> FREE Meal (CACFP) from 2:30pm-3:30pm (Monday - Thursday \*when 21<sup>st</sup> CCLC After School/ESS is in Session)

\*Contact your School Coordinator for after school service schedule

**Common Questions:**

**Q: Can my child charge extras or a la carte items?**

A: Per Board Policy charging of any food item is **prohibited**

**Q: Can my child purchase “2<sup>nd</sup> Meal, Extras or a la carte items?”**

A: Yes, simply create an on line account at [www.myschoolsbucks.com](http://www.myschoolsbucks.com) and click “Sign up Today”

My School Bucks allows YOU the parent to monitor purchases.

**Q: Is my child “required” to take certain food items in order to receive a free meal?**

A: Yes. Per NSLP /USDA regulations your child must take a fruit and or vegetable at all meal services

For more information on the meal pattern go to [www.fns.usda.gov](http://www.fns.usda.gov)

***\*In order to CONTINUE these programs Student Participation is Key***

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(2) FAX: 202-690-7442

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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