



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

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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)

3rd FREE Meal (CACFP) from 2:30pm-3:30pm (Monday - Thursday *when 21st 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 “2nd Meal, Extras or a la carte items?”

A: Yes, simply create an on line account at 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

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

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