



# SCHOOL NUTRITION SERVICES

Nancy D. Faucon, Director 603-432-6941 X 2234 nfaucn@londonderry.org  
295 Mammoth Road, Londonderry, NH 03053  
Office Hours: School Days 6:30 A.M. to 3:00 P.M.

## School Managers:

### High: 432-6941

Pauline Shea X 2230

### Middle: 432-6925

Nancy Meagher X 3006

### Matthew : 432-6937

Susan Madden X 6513

### North: 432-6933

Darlene Williams X 4112

### South: 425-1007

Gerry Genesse X 5212

## Other topics of interest:

What's included in a school lunch

Depositing into your child's lunch account

A la Carte Foods

Negative Balances

ID cards

Setting up an internet account

Using a credit card for lunch payment

End of Year Balances

Frequently asked Questions

Nutrition Websites of interest

## From the Director:

Welcome to School Year 2011.

After reviewing Michelle Obama's Healthier School Meals objectives, our meals are taking a huge leap to improve even more! While we have been serving whole grain pastas, rice and breads for the past three years, this year we are expanding those products into macaroni & cheese and hamburger and hot dog rolls. Additionally, our chicken products have had the fat content reduced by 60%! Only 5 grams of fat per serving! This includes popcorn chicken, boneless wings (formally known as chicken nuggets) and chicken tenders. How do you know if your child will like them? Well, we started serving them towards the end of last year and the students love them.

So what else is changing? There will be more foods that are prepared from scratch and products changed yet the idea is the same. For instance;

instead of serving process chicken teriyaki nuggets we will serve a teriyaki marinated drumstick. You will notice the changes in how the item is placed on the menu.

Also look for an increase in the types of vegetables being served. You'll see roasted vegetables, fresh vegetables served with hummus, and some vegetarian selections including veggie burgers and tacos with refried beans and cheese to replace the ground beef. Beans provide additional protein, keep you feeling full for longer periods of time and are essentially fat free.

At the elementary level every month a new vegetable will be introduced in the classroom starting with avocado. While this is technically a fruit it is usually used as a vegetable in meal preparation. A flyer regarding the history and nutritional value of the vegetable will be sent home. You will

also see the vegetable on the menu once a week so the students can try it again. Recipes that are prepared will be available on the food service page of the Londonderry.org website. Perhaps you will try them for your family meal too.

There is so much in the news these days about children being overweight. Rather than introduce a diet, let's introduce healthful eating. There are so many interesting foods and recipes making it fun to try new food items.

All our meals are prepared in peanut free and tree nut free kitchens. Foods that we purchase also state the same. If your child has other food allergies, please contact Nancy Faucon so that appropriate information can be made available to you.

Thank you for your participation in the School Meals Programs.

## Free/Reduced Meals Applications

Free/reduced meals applications are now available at your school's office, the district office and on the food service page of the Londonderry.org website. To continue receiving free or reduced meals an application must be received by October 2, 2010.

Students from families receiving food stamps will be

certified from a state listing and a letter will be sent home when approved.

When filling out an application, please read the instructions carefully and provide all the necessary information requested. Missing information will cause a delay in being approved. Please only one application per family and as

soon as the application is processed a letter will be sent home indicating your approval status.

Meal applications can be placed in an envelope and given to the food service staff at your school or mailed to Food Services, 295 Mammoth Road, Londonderry, NH 03053



Each lunch includes 1/3 of your child's nutritional requirements.

## What's included in a school lunch

Everyday millions of meals are served to children in school. All across America school meals are improving daily and including scratch prepared foods, whole grains and more fresh fruits and vegetables. The National School Lunch Program (NSLP) requires that 1/3 of your child's daily nutritional allowance be provided in each lunch.

Each meal includes at least: 2 oz Protein, 3/4 cup fruit and vegetable, 2-3 servings of grain and 1 cup fluid milk. The

cost of the school meal is \$1.25 for elementary lunches, \$1.50 for middle and high school lunches and \$1.75 for premium meals at the middle and the high school.

## Questions? Comments?



Please call  
Nancy Faucon,  
432-6941 X 2234

*Deposits are accepted in cash, checks or credit cards through our online software.*

## Depositing into your child's lunch account

All students have a lunch account set up for them and are issued a debit card to use the account. At the elementary schools the cards are distributed to the students at lunch time and collected when they pass through the lunch line. At the middle and high school, their student ID card is also their lunch debit card. Students are expected to have their ID cards with them every day.

Deposits are accepted in cash, checks (made payable to the Londonderry School District) or by using a credit card through our software package. For your convenience, deposit envelopes are sent home with your child when the account is below \$5.00. Elementary students give their envelopes to their teacher. Middle school students can drop the envelope in the boxes located in their pod or

dropped at the cafeteria. High School students may drop their deposit at the cafeteria.

**We're following the Guidelines!**



Alliance for a Healthier Generation

for more information:  
[www.healthiergeneration.org](http://www.healthiergeneration.org)

## A la Carte Foods

Snacks are available at the middle school and at the high school. Prices range from \$.75 to \$1.25.

Ice cream is for sale at the elementary schools. All ice cream sales require \$.75 and can not be debited from the lunch account.

## Negative Balances

We understand that everyone has a busy schedule and that sometimes the thought of sending money in for lunch gets put aside. Therefore, we do allow a negative balance of up to \$5.00.

### **ELEMENTARY:**

When the maximum has been reached and there has been no response to phone calls and envelopes sent home, a minimum lunch will be provided for your child. This includes a cheese sandwich and milk.

**MIDDLE AND HIGH: Students must have their ID card in order to charge a lunch and only lunches can be charged.**

As with elementary students when the maximum has been reached a minimal lunch will be provided.

**ALL LEVELS:** No negative balances are allowed after Memorial Day. In Accordance with Federal Regulations any negative balances must be paid by year end.

## ID Cards

In order to minimize cashier error and to add speed to the lunch line, debit cards are issued to students to be used for lunchroom purchases.

**ELEMENTARY:** Cards are issued every year with your child name, homeroom teacher and grade and are replaced at no charge.

**MIDDLE:** Cards are issued in 6th grade. They are required for all purchases. If the student does not have their ID card, ala carte purchases are not allowed. Students must have

their ID card when their account goes below \$0.

**HIGH:** Students are encouraged to use their ID card for all purchases. Students must have their ID card when their account goes below \$0.

**NO CHARGING WITHOUT AN ID CARD.**

## Replacing ID Cards

**ELEMENTARY:** ID cards are replaced as needed at no charge.

**MIDDLE:** Students are issued new ID cards in 6th grade. Replacement cards cost \$5.00. Please place payment into an envelope marked "ID Card" with your child's name and ID number and place the envelope in the drop boxes or give it to a cashier

**HIGH:** Students are issued new cards in 9th grade. Replacement cost is \$5.00 and can be paid to the cafeteria manager



Using an ID card makes your child's purchases faster and more accurate.

## Setting Up an Internet Account

The Londonderry School Lunch Program is please to be using Lunchbox software to support our prepaid lunch program. As a parent, you can view your child's lunch transactions from home.

**To sign up go to:**

<http://foodservice.londonderry.org/servlet/SiteManager>

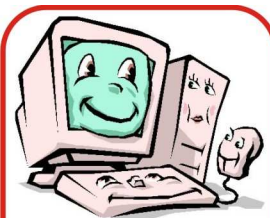
You will need your child's ID

number. That number is available through the parent portal or by sending an email to the food service director, Nancy Faucon at [nfaucon@londonderry.org](mailto:nfaucon@londonderry.org).

There are detailed instructions available on the food service page of the Londonderry.org website. Call the food service director, Nancy Faucon at 432-6941 X 2234 for assistance.

## Credit Card Payments

Once you have the online account set up for your child, you can make deposits using a credit card through the use of PayPal, an online payment program. The program will walk you through the steps. Credit card payments are deposited instantly into the account, debit card payments and e-checks may take up to 3 days to clear. Each transaction is charged \$1.50



**PARENTS:**

**For your convenience and peace of mind, you can pay for meals online at**

<http://foodservice.londonderry.org/servlet/SiteManager> or call 603-432-6941 X 2234

## End of Year Balances

Students keep the same account and account number (District ID#) as long as they are enrolled in the Londonderry School District. All balances are carried over to the next school year.

If you are moving out of the district please be sure to contact Nancy Faucon at 432-6941 X 2234 to make arrangements to clear your child's lunch account.

Seniors (12th graders) will receive cash refunds on their last day of classes. Balances left by seniors are transferred to siblings and balances over \$20 are returned to the parent





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## Frequently Asked Questions:

### **I forgot my password to my child's online account. Can you give me a new one?**

Please email nfaucn@londonderry.org with your request. A new password will be emailed to you.

### **My email address has changed. How do I make the changes to my account?**

Email nfaucn@londonderry.org with your new address and include your old address as well. You will be notified when the change has occurred. Your password will not change.

### **I'd get an error message every time I try to set up an account. Can you help me?**

This may be happening because an account has already been started in your child's name. Please email nfaucn@londonderry.org with your request and the name of your child and the database will be searched for your account. Once the account has been found the password will be changed and you will be notified.

### **I've started the account for my child, but the page has no options available for me to select. How do I use the account?**

Be sure you are using Internet Explorer as this program is designed to interface with this browser. For MAC users, the version of Opera that is compatible with lunchbox is available to download in the instructions for setting up an account on the food service page of the Londonderry.org website.

### **I need help with the internet account set up. I just can't seem to make it work.**

Please contact Nancy Faucon at 432-6941 X 2234 at a time when you can sit in front of your computer and I can talk you through the steps. I am usually at my desk between 1:00 P.M. and 3:00 P.M. Monday through Friday.

### **I have children in different schools. Can I deposit into their lunch account using one check?**

Yes. Please provide your children's names and if possible the ID numbers and how you would like the check distributed on the payment envelope.

### **Why do my children have to have their own account? It would be much easier for me if they could use the same account.**

The National School Lunch Program is a Federally Funded Program. We receive reimbursements and government commodities based on serving one meal per child per day. Sharing accounts would lower our reimbursable meals and our funding.

## Nutrition Websites of Interest

There are many website with nutritional information and games for children to learn about good eating habits.

Some are listed below:

<http://www.Nutritionexplorations.org>

<http://www.healthykids.com>

<http://www.education.com>

<http://www.healthiergeneration.org>

<http://www.newenglanddairyCouncil.org>

<http://www.fns.usda.gov>

<http://www.johnstalkerinstitute.org>

<http://www.letsmove.gov>

<http://www.fnic.nal.usda.gov>

<http://www.nutritionforkids.com>