

Frisco ISD Nutrition Program  
**Account Restrictions Form – Elementary 2017-2018**

**WHAT IS A MEAL?**

Frisco ISD participates in the National School Breakfast and Lunch programs and receives government reimbursement and donated commodities for each meal served. In return, the district must serve meals which comply with specific guidelines based on the 2010 Health Hunger Free Kids Act and USDA Standards. All schools must offer foods, individually or in combination dishes, from the following main food groups (called meal components): Grains, Meat or Meat Alternative, Milk, Fruit, and Vegetable.

Students are encouraged to try an item from each offered component and may select all 5 of the offered components for the best possible nutrition. The minimum number of components required is 3 for a well-balanced, reimbursable meal. All reimbursable meals must include the selection of at least 1 fruit or 1 vegetable. Students who select fewer than 3 components, or who do not choose a fruit or vegetable will be charged for their selections based on a la carte prices. **THIS APPLIES TO BOTH BREAKFAST AND LUNCH**

Frisco ISD uses the Offer vs Serve method to allow students more flexibility when choosing from multiple main dishes, side dishes, fruits and vegetables every day. Daily non-fat milk options include white and chocolate. One or more vegetarian options are offered each day. Frisco ISD follows all federal, state, and local school nutrition regulations. For more information about the specific guidelines concerning student meals, please visit [www.fns.usda.gov](http://www.fns.usda.gov).

**MEAL ACCOUNT vs GENERAL ACCOUNT**

Our online payment system offers two options for managing your child's spending on their account: Meal Account or the General Account.

**Meal Account**

To guide your child toward purchasing a Power Meal, simply place money in the Meal Account at [www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com). Meal Account money may only be used to purchase qualified Power Meals. If you put money in the Meal Account, your child will only be able to purchase one Power Meal per meal period. **Money in the Meal Account cannot be used to purchase a la carte items, or pay for adult/guest lunches if you choose to have lunch with your child.** To allow your child to purchase items besides the Power Meal, you will need to place money in the General Account or send money with your student.

**General Account**

Money held in the General Account may be used to purchase any food item your Frisco Café offers, including Power Meals. Put all money in this account if you do not wish to restrict your child's food selections. If you put money in the General Account, your child will be able to purchase a Power Meal, purchase a la carte items, have an a la carte spending limit, or a daily spending limit (breakfast and lunch combined total). In addition, you may use this account if you have lunch with your child.

If you wish to restrict your child's purchases to a daily spending limit (breakfast and lunch combined), please complete this form and email it to us at [friscocafe@friscoisd.org](mailto:friscocafe@friscoisd.org) or mail to Frisco ISD, Nutrition Program, 12050 Rolater Road, Frisco, TX 75035. Forms submitted electronically do not require a parent signature.

School			
Name of Student			
Name of Parent		Date	
Signature		Phone	

Please check the appropriate box (only one box):

**SPENDING LIMIT**

<input type="checkbox"/>	<p><b>Daily Spending Limit</b> – Select this option if you want to restrict your student's daily spending but do not wish to require the purchase of the Power Meal. The spending limit will be Breakfast (\$1.50) and Lunch (\$2.50) combined, not an individual limit per meal period. <b>DAILY LIMIT WILL AUTOMATICALLY BE SET AT \$4.00 UNLESS SPECIFIED OTHERWISE.</b></p> <p>Spending Limit: \$ _____</p>
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**OTHER RESTRICTIONS**

<input type="checkbox"/>	<p><b>Dietary Restriction Request OTHER THAN FOR FOOD ALLERGIES/DISABILITIES</b> indicated on Food Allergy/Disability Substitution Request Form. If dietary restriction is due to <b>food allergy</b>, please use the Food Allergy/Disability Substitution Request Form.</p> <p>_____</p>
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