



# PARENTGUIDE 2023-2024

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

Some Elementary schools have a breakfast kiosk service which allows students to take breakfast to their classrooms, while some Elementary and all 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.



## 2023-2024 MEAL PRICES

Breakfast Entrée Only  
\$1.75  
Lunch Entrée Only  
\$1.75

### Students with FREE Meal Benefits

- Students receiving FREE meal benefits receive 1 qualified meal for breakfast and lunch at no cost.

### Students with REDUCED Meal Benefits

- Qualified Breakfast - \$.30
- Qualified Lunch - \$.40

### Students with NO Meal Benefits

- Breakfast - \$1.80
- Lunch - \$3.30

### Adult Meals

- Breakfast - \$3.10
- Lunch - \$4.75

Qualified meals are no cost to all students in schools participating in Breakfast in the Classroom and CEP. Meal Benefit Applications will be available for you to apply on July 12, 2023.



# LINQ Connect

## RESOURCE CENTER

## Apply for Meal Benefits!

## Make a Payment!

## View Your Menus!

(Coming Soon!)

<https://linqconnect.com>

## MEAL COMPONENTS



Whole Grains



Meat/Meat Alternate



Vegetables



Milk



Fruits

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](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

# MEAL BENEFIT APPLICATIONS

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 12, 2023.

We encourage ALL families that believe they may be eligible for meal benefits to complete an application! Not only could you be eligible for Free or Reduced meal prices, but you could also qualify for many other benefits such as waived school fees and other state issued benefits! APPLY TODAY!!

## 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 45% 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!**  
**@LEXONEFSN**

## CONTACT US!



702 N. Lake Drive  
Lexington, SC 29072



803-821-1170



[fsn.lexington1.net](https://fsn.lexington1.net)



<https://bit.ly/FSNstaff>

# LINQ Connect

The TITAN Family portal is now LINQ Connect: a secure, online system that allows parents to:

- Make an online payment to your student's meal account.
- Remotely monitor their student's meal accounts.
- Set up automatic recurring payments.
- Set up low balance email message alerts.
- Submit an online application for free and/or reduced meals.

<https://linqconnect.com>



# Feeding Our Future

This institution is an equal opportunity provider.