



EXCELSIOR

VILLAGE ACADEMIES

School Nutrition Meal Program

At Excelsior Village Academies, we are committed to our students' health and wellness. Research shows that healthy students are better able to pay attention in class and better positioned to succeed in school and in life.

The goals of our food program are to:

- Support the academic success and achievement of our students
- Provide nutritious meals which allow students to maintain focus
- Provide healthy and fresh food offerings along with education on making healthy choices
- Expose our students to new culinary experiences while still offering "kid favorites"

Click [here](#) or scroll below to view the school's **Local School Wellness Policy**

You're Invited! All stakeholders are able to participate in the development, review, update, and implementation of the Local School Wellness Policy. Please contact **Anneta Heyliger** at aadamsh eyliger@excelsiorvillageacademies.org for more details!

Student Meals

All **Excelsior Village Academies** students are offered healthy, nutritious meals including breakfast and lunch through the National School Breakfast and Lunch Programs.

Encourage your student to start each day with a healthy school breakfast! Eating breakfast at school is a great way for students to socialize with friends and to start the day ready to learn. And for families on the go, it makes the morning rush so much easier!

Paid Student Breakfast: \$2.40

Paid Student Lunch: \$3.94

Our cafeteria is cashless and all meals must be paid for in advance via our online student account portal. Click [here](#) for our online pay portal to create an account and deposit funds into your student account.

Your student may qualify for a Free or Reduced priced meal. Click [here](#) to access our online application, [or here](#) to download and print the application.

At the start of each month, lunch menus will be available at the main office or posted in the cafeteria.

Click [Here](#) for this month's menu!

We are pleased to be partnering with NOURISH FOOD SERVICE who will be supplying meals for our school.

Meals are planned with student preferences in mind and follow the regulations of the National School Lunch and School Breakfast Program.

Healthy School Meals contain:

- Lean protein
- Whole grains
- Fresh Fruits or 100% Fruit Juice
- A variety of vegetables
- A choice of milk,

Meals are calorie controlled, low in sodium, contain less than 10% saturated fat and 0g of trans fat.

Allergies and Meal Modification

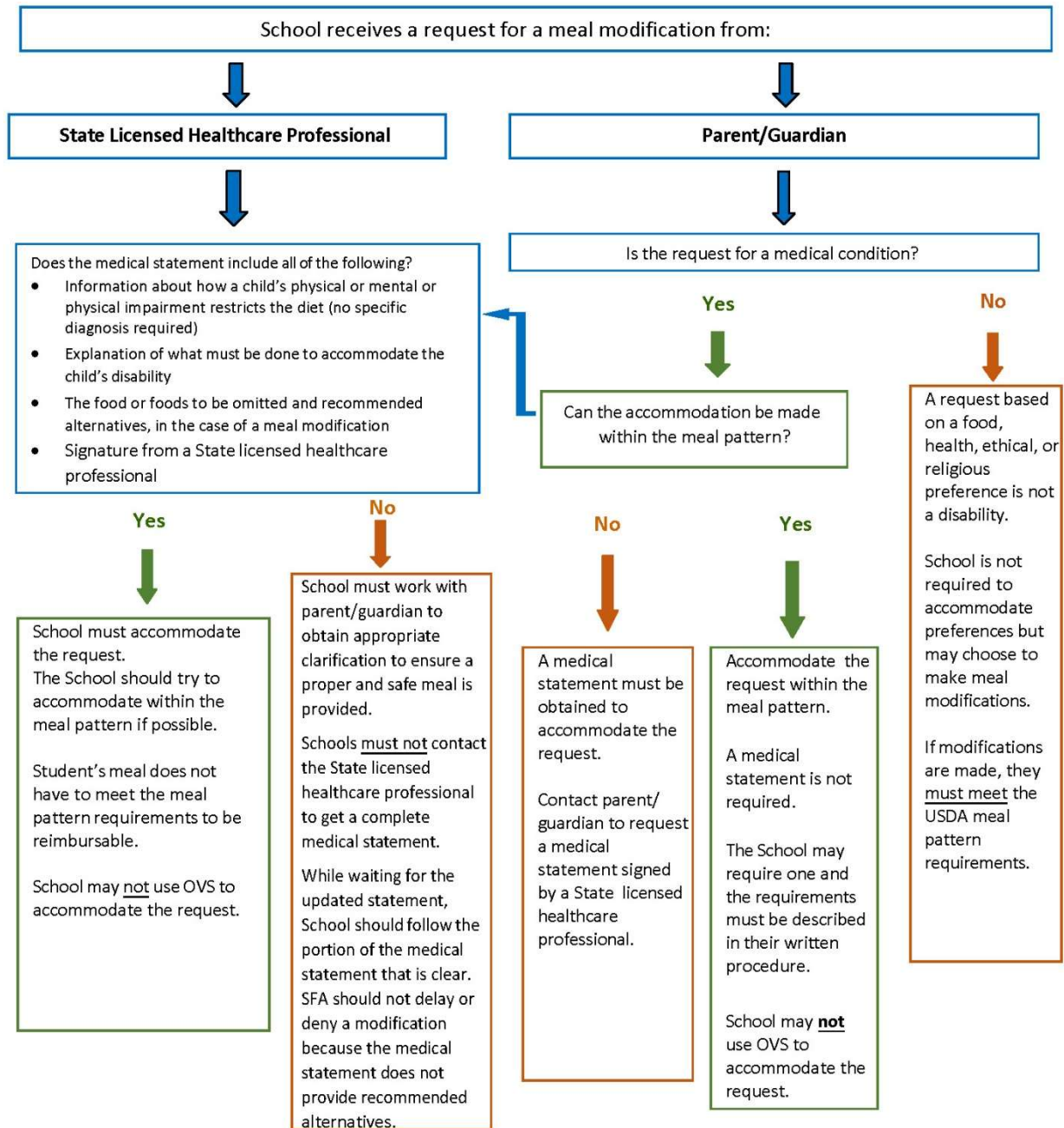
If your student has any food allergies or needs a meal modification, families are required to notify the school nurse and provide documentation from a licensed medical professional, such as a Physician, Dietician or other medical professional that is authorized to write prescriptions. Click here to download and print the required [Meal Modification Form for Meals at School](#). Return completed forms to the school.

Meal Modification forms must be renewed annually.

See the chart below to determine if your meal request can be accommodated.

Accommodating Special Dietary Needs in the School Nutrition Program

This flow chart describes the School's process for handling requests for modifications.



Summer Meals

When school is not in session, the Summer Meals Program (SFSP) provides free meals to kids and teens in low-income areas. Click the link below to quickly and easily find summer meal sites near you.

[Meals for Kids Site Finder](#)

Start the Day Right with School Breakfast!

Did you know that a healthy breakfast helps fuel your child's success? Excelsior Village Academies offer nutritious and delicious breakfast options for all students! Whether it's whole grains, fresh fruit, or protein-packed meals, school breakfast provides the energy your child needs to thrive.

Get your breakfast today in our school cafeteria from 7:30-8:00 AM.

STRONGER WITH SCHOOL BREAKFAST

School breakfast is shown to provide about...

- 48% OF THE FRUIT
- 40% OF THE DAIRY FOODS
- 30% OF THE WHOLE GRAINS

students need for the entire day.

Based on the School Nutrition and Meal Cost Study, 2019

The poster features a smiling student with glasses and a backpack, holding an orange folder. To the right, there are illustrations of an apple, a carton of low-fat milk, and a hamburger. A circular logo in the top right corner reads 'TEAM NUTRITION • USDA'.

For more information on the school nutrition program, contact: Anneta Heyliger at aadamsh eyliger@excelsiorvillageacademies.org

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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EXCELSIOR

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2025-26 Meal Charge Policy

Application for Free and Reduced Price Meals

Our school participates in the National School Lunch Program and offers free or reduced priced meals to families who qualify. All families are encouraged to submit a meal application by the first week of school – one application per household is needed. Families can at any time submit a new application if there is a change in the household income or family household number. Applications can be accessed in the school office or downloaded from our website at excelsiorvillageacademies.org.

Meal Charge Policy

Families are strongly encouraged to pre-pay for meals on a regular and consistent basis unless they qualify for free meals.

Students will be allowed to charge up to \$10.00. Parents will be notified via email of low balances or an exceeded charge limit and will be expected to immediately submit a payment so that their child may continue to eat in the cafeteria. At any time, parents may also submit an application for free and reduced meals.

Student Pricing

- Students who do not qualify for free or reduced price meals must pay \$3.94 for lunch, \$2.40 for breakfast, and \$1.25 for snack.

Payment Options

- Students or Parents may pay online for meals daily using their student ID number through the school SIS system.

Dietary Needs

- Any students with food allergies must complete the dietary needs form accompanied by a physician's note, each school year. This form can be obtained through the office.

USDA Nondiscrimination Statement

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, audiotope, 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/ad-3027.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:

- 1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or*
- 2. fax:
(833) 256-1665 or (202) 690-7442; or*
- 3. email:
Program.Intake@usda.gov*

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Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

Michelle Flowers, Founder/Head of Schools

Contact: mflowers@excelsiorvillageacademies.org

The Founder/Head of Schools or designee will have oversight of the local wellness policy and ensure compliance.

Wellness Policy Committee Members

Anneta Heyliger, Director of Operations

Contact: aadamsheylinger@excelsiorvillageacademies.org

Vacant

Contact:

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Contact:

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Contact:

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Contact:

Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- School website, emails, letters, newsletters

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Excelsior Village Academies shall conduct assessments of the Local Wellness Policy every two years, beginning in 2024 and occurring every two years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- School website, emails, letters, newsletters

Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day

(i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:

- Eagle Bucks with a chance to shop at the Eagle Store

Fundraisers

All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Bookfair and Eagle Bucks with a chance to shop at the Eagle Store

Nutrition Education

In accordance with the Georgia Learning Standards, the Local Education Agency shall meet all Georgia requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [Dietary Guidelines for Americans](#), [MyPlate](#), [Team Nutrition](#), and [FoodMASTER](#) .]

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- Each class will receive Science class four days a week

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- Weekly Parent Square post, newsletter, flyer

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Thanksgiving Meal Event

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Meals to scholars in need outside of normal school hours

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Georgia Learning Standards, the Local Education Agency shall meet all Georgia requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- N/A (Recess is provided)

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Recess four days a week

The following opportunities for participation in school-based sports shall be offered to students each year:

- N/A

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Recess four days a week

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Healthy Meals Week

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Student Meals Committee