



**Date:** January 5, 2021  
**To:** Parent/Guardians  
**From:** Pulaski County Public Schools – School Nutrition Program

## **MEDIA RELEASE FOR IN PERSON LEARNING & MEAL DISTRIBUTION**

### **PULASKI COUNTY SCHOOLS:**

In-person students will be provided breakfast and lunch at school on the days they are designated to attend. For these same students, take home meals will be provided for days they learn at home.

### **Virtual and students not enrolled in school:**

Drive through for Virtual Learners and children not enrolled in school from age 2-18, or up to 21 with disability will be available as listed below:

- **Wednesday's – beginning January 6<sup>th</sup>, 2021 from 1:00 – 2:00 pm and until further notice**
  - **Critzer Elementary**
  - **Dublin Elementary**
  - **Pulaski County High School**
  - **Pulaski County Middle School**
  - **Pulaski Elementary**
  - **Riverlawn Elementary**
  - **Snowville Elementary**

Parent/Guardians may pick up meals for their children at any school site

Meals are being prepared and packaged by the Pulaski County School Nutrition Program staff.

Please call the School Nutrition Hotline with questions: 540 643-0104

Parent/Guardians are encouraged to have their children present at pickup, but this is not required.

All meals consist of a minimum of the following items: 2oz protein, 1oz grain, ¾ cup fresh, frozen or canned fruit and ¼ cup fresh, frozen or canned vegetable & 8 oz flavored or unflavored fat free or 1% bottled milk.

La interpretación de este documento está disponible. Llame a , especialista en EL, al 540-994-2515

可以阅读本文档的解释。请拨打电话540-643-0919致电EL专家 540 994-2515

## 2020.2021 Non-Discrimination Statement

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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 Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), 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 Washington, D.C.  
20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

### **Disclaimer for Virtual Meal Distribution:**

*Pulaski County School Nutrition is pleased to offer meals while schools are on alternate schedules. Some of the menu items are perishable and some items may require cooking. Pulaski County's Public School Nutrition Program releases responsibility to parents regarding food safety once meals are distributed. Nutrition information is available by contacting [esadler@pcva.us](mailto:esadler@pcva.us) or [cpaul@pcva.us](mailto:cpaul@pcva.us) or by visiting [www.pcvva.us](http://www.pcvva.us). Meals for Special Dietary needs are not available during meal planning – special circumstances please contact us. Some foods may contain allergens – Pulaski County School Nutrition releases the responsibility to parent/guardians to monitor your child's consumption of foods included in the meal bag that may cause an allergic reaction.*

## **Cooking instructions are listed below:**

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**Refrigerate Meal Bag until ready to consume. Listed below are food items that may be included for breakfast and lunch (this list may not include every item). Please follow instructions to prepare.**

- Mini Corndog Nuggets
- Corndogs
- Pizza
- Maxi Cheese Sticks/Tasty Brand Cheese Sticks
- Popcorn Chicken
- Breakfast Pizza
- Pillsbury pre-packaged items: Mini Pancakes, Cinnamon Rolls, Cherry or Apple Frudels, Strawberry Bagels, Mini Waffles (follow instructions on package)
- Hamburger Pattie
- Chicken Pattie for breakfast
- Tyson Chicken Drumstick or Tyson Chicken Tenders (Pre-cooked item – heat until internal temperature is 165 degrees)
- Taco – Heat thoroughly (pre-cooked)
- A variety of other entrée items may be offered

### **Item Heating Instructions:**

Remove item from plastic bag- (mini corndog nuggets, chicken tenders or other meat items)

Place food on baking sheet. Heat food @ 375° for 10-14 minutes or until temperature reaches 165° or Microwave 1-2 minutes until heated thoroughly.

After heating discard any leftover foods if not consumed.

**VEGETABLES:** REMOVE from container, pour into a microwave safe dish, Microwave 3 to 4 minutes on REHEAT or until hot. Let stand 2 to 3 minutes to heat completely through.

All items offered may not be included on this list. Menu is subject to change without notice.

**Refrigerate Meal Bag until ready to consume.**

