

**Date:** June 11<sup>th</sup>, 2021

**To:** Parent/Guardians

**From:** Pulaski County Public Schools – School Nutrition Program

**MEDIA RELEASE FOR MEAL DISTRIBUTION – SUMMER MEAL SITES**

**MEAL DISTRIBUTION SITES** are always on Wednesday's & are **Drive through only.**

**LOCATIONS and Distribution Dates:**

**June 23<sup>rd</sup> & 30<sup>th</sup>, July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, August 4<sup>th</sup>, 2021**

- **Critzer Elementary:** 1-2:30 pm (address 100 Critzer Drive, Pulaski, VA)
- **Dublin United Methodist Church:** 1:00-2:30 pm. (Address 424 E. Main Street, Dublin, VA 24084)
- **Riverlawn Elementary:** 1:00-2:30 pm (address 8100 Beth Nelson Drive, Fairlawn, VA 24141)
- **Snowville Elementary:** 1:00-2:30 pm (address 4858 Lead Mines Road, Hiwassee, VA)

**OTHER Summer Meal Sites:**

Fairlawn Church of God – Vacation Bible School – June 21<sup>st</sup>-25<sup>th</sup>, 2021 – Supper -5:00-6:00pm

- Location: 7858 Peppers Ferry Blvd-Radford, VA 24141

Pulaski County High School: Meals available June 21<sup>st</sup>-August 6<sup>th</sup>, 2021 – call 540 643-0377 for information

- Meal times: Breakfast 7:45-9:00 am ---- Lunch 11:45 am-12:15 pm - available Monday-Friday

Pulaski County Youth Center: Meals available June 21<sup>st</sup>-August 6<sup>th</sup>, 2021 – (location: 6671 Riverlawn Ct. Fairlawn, VA)

- Meal times: Breakfast 8:30-9:00 am ---- Lunch 11:45 am-12:15 pm - available Monday-Friday

Pulaski Elementary: Meals available July 12<sup>th</sup> – July 23<sup>rd</sup>, 2021

- Meal times: Breakfast 7:45am -8:30am –Lunch: 11:45-12:15pm – available Monday-Friday

Randolph Park: Meals available June 21<sup>st</sup>-August 6<sup>th</sup>, 2021 (location: 5100 Alexander Road, Dublin, VA

- Meal times: Breakfast 8:45am -9:30am –Lunch: 11:45-12:30pm – available Monday-Friday

Riverlawn Elementary: : Meals available June 21<sup>st</sup>-August 6<sup>th</sup>, 2021

- Meal times: Breakfast 7:45am -9:00am –Lunch: 11:45-12:15pm – available Monday-Friday

YMCA of Pulaski County: Meals available June 21<sup>st</sup>-August 6<sup>th</sup>, 2021 (location: 615 Oakhurst Ave. Pulaski, VA

- Meal times: Breakfast 8:45am -9:15am –Lunch: 11:45-12:30pm – available Monday-Friday

Abundant Life: Vacation Bible School – July 18<sup>th</sup>-July 21, 2021 – Supper: 5:00-6:00pm

- Location: 3050 Lee Highway, Pulaski, VA 2430

All students (children) age 2-18 are eligible for meals or up to age 21 with a disability.

Parent/Guardians may pick up meals for their children at designated meal distribution sites.

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

CALL the School Nutrition Hotline with questions: 540-643-0104 or call 540-440-0375 or email esadler@pcva.us

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

## 2020.2021 Non-Discrimination Statement

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, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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.pcv.us](http://www.pcv.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 instruction is listed below:**

**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.

