

Breakfast and Lunch Program

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Mountain Island Charter School regularly serves breakfast and lunch in our school cafeteria located in the gym/multipurpose building. We are an active participant in the *National School Lunch Program*, which is a federally assisted meal program which provides nutritionally balanced, low-cost or free meals to students who qualify. School breakfasts and lunches meet meal pattern and nutritional standards based on the latest [*Dietary Guidelines for Americans*](#), which increases the availability of fruits, vegetables, and whole grains to all of our students.

Breakfast is served from **7:15-8:05 am** and the **cost is \$2.50**. **Lunch** is served per grade level schedule and the **cost is \$3.75**. All students have an account and must be prepaid - no credit is issued. Payment for student meals can be done electronically at www.PayPams.com. You will need your student's ID number to link your payment to their account. All students have an account and must be prepaid - no credit is issued. You may also pay by check in the administration office, made payable to MICS. Cash is not accepted.

Online applications for free and reduced school meals for the 2019-2020 school year are available by clicking [HERE](#). The meal application is a family application; one application needs to be completed for each household. Paper application packets will be available by request at the business office. Families who were approved for benefits last year will continue receiving meals under last year's approval until a new application is processed. Families have up to 30 days to reapply for meal benefits. Students who do not reapply for the current school year will need money for meals beginning the 31st of the school day.

DISCLAIMER: Allergy information is obtained from the caterer's product labels and is accurate to the best of our knowledge.

Peanuts and shellfish are not served in our cafeteria. We can make accommodations for special diets as ordered by your child's health care provider. Contact the business office for more details.

Local Wellness Policy

Mountain Island Charter School will provide opportunities for every student to develop the knowledge and skills for specific physical activities to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

- 1. Physical education for all students in grades K-12, including students with disabilities, special healthcare needs and in alternative education settings. State-certified physical education instructors will teach physical education classes**

- All MICS PE teachers are NC state certified in physical education. All have a bachelor's degree in physical education. Three members of the staff have a Master's degree in education. Students with disabilities were included in all activities along with modified instruction.

2. Classroom health education that will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television, playing video games, etc.;

- Five weeks of health education was taught to grades 6-8, 9th grade had nine weeks of health education. Some of the components included nutrition: (Energy balance, Calories, BMI, Carbohydrates, and fats. Bullying, Teen alcohol and Drug abuse, and sexual education.

3. A daily recess period for elementary students of at least 15 minutes, if scheduling and weather permits.

- Recess for K-5 recess is daily for 25 minutes. k-1 has 45 minutes classes three times in an 8-day rotation. 2-5 is 45 minutes of class every 6-day rotation.

4. Extracurricular physical activity programs such as afterschool enrichment, interscholastic athletics, and clubs for middle and high school students.

- Students have the opportunity to participate in many of the sports and clubs offered at MICS. The 2018-2019 school year added HS club lacrosse, MS lacrosse, HS track and field, anticipation for MS track and field for the 2019-2020 school year.

Mountain Island Charter School will provide physical activity facilities on school grounds that are safe and well maintained. Adequate equipment will be made available for students to participate in physical activity.

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- (1) mail: U.S. Department of Agriculture
Office of Assistant Secretary of Civil Rights
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Washington, DC 20250-9410
- (2) fax: (202) 690-7442;
- (3) email: program.intake@usda.gov

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