

Frequently Asked Questions about Lunch

The mission of Nutrition Services at Cornerstone Christian Academy is to provide delicious and nutritious meals to promote student success and healthy futures. Wholesome, balanced lunches and breakfasts are served daily. The following are commonly asked questions about the lunch program with important updates for the 2025-2026 school year.

How much does a lunch cost?

The cost for a Complete Lunch is \$4.25 for PreK through 5th grades. Free and reduced-price meal benefits are available for eligible families. The reduced-price for lunch is \$0.40. The cost of a Staff Lunch is \$4.50, and a Visitor Lunch is \$6.00.

What comes with a lunch?

Multiple lunch options are served daily and include at least one featured entrée, entrée salads, and sandwiches. The specific items included with the different lunch options are detailed in the chart below and include changing varieties of fresh vegetables, fruits, and featured hot sides.

Daily Lunch Options	Items Included with Lunch
Featured Lunch	Featured Entrée, Vegetable Choices, Fruit Choice (1), Juice, Milk.
Turkey/Ham & Cheese Sandwich Lunch	Turkey or Ham and Cheese Sandwich, Vegetable Choices, Fruit Choice (1), Juice, and Milk.
PB&J Lunch	Peanut Butter and Jelly Sandwich, Mozzarella String Cheese, Vegetable Choices, Fruit Choice (1), Juice, and Milk.
Salad Lunch	Chef Salads and Turkey Garden Salads are available daily. Lunch comes with SunChips or Goldfish Crackers (2), Vegetable Choice, Fruit Choice (1), Juice, and Milk.

Our bodies need a variety of healthy foods each day. All lunches include 5 components – meat/protein, grain, vegetable, fruit, and milk. Students do not have to take all of the items included with each lunch. However, to qualify as a Complete Lunch, students must select a minimum of 3 components, and at least 1 must be a fruit (or juice) or vegetable.

Additional portions of items included with each meal can be purchased à la carte. Extra entrées can be purchased with a complete lunch for \$2.50.

How do students make a Complete Lunch?

Students must select at least 1 fruit (or juice) or vegetable choice, plus 2 to 3 other components to be considered a complete lunch. Lunch components include meat/protein, grain, vegetable, fruit, and milk.

- Featured entrées and sandwiches can easily be made into a complete meal by adding a fruit, juice, or vegetable choice.
- Entrée salads can easily be made into a complete meal by adding crackers, milk, fruit, or juice.

Café staff offers guidance to help students select items to make a complete meal.

Are à la carte options available?

A variety of à la carte options are available, such as cookies, chips, ice cream, milk carton, and more. They all meet the Smart Snacks in School nutrition standards. Cafeteria accounts are charged for cashless cashiering of all items purchased.

How do I pay for my cafeteria account?

The cafeteria account is prepaid through EZ School Apps. Items received from the cafeteria are charged to the cafeteria account and deducted from the prepaid funds.

The link to add funds through EZ School Apps is on the Resource page in Blackbaud. Be sure to load adequate funds for each meal plus any additional expected à la carte purchases. Any excess funds on your account at the end of the month roll over to the next month.

Families are responsible for all charges on their account. Please review Cafeteria Charge Procedures in the Parent-Student Handbook.

Can I limit charging on my cafeteria account?

A custom note can be made on your student's account to assist in limiting charging of à la carte items. This prompts the cashier to remind your child of the family's charging expectations. Commonly used notations include "complete meal only", "only 1 à la carte item daily", "ice cream Friday only", etc. Email the CCA Kitchen Manager to request a note be placed on your student's account.

How do I apply for free and reduced-price meals?

All families can apply for free and reduced-priced meals. This is a confidential program. Learn about eligibility at <https://www.tn.gov/education/districts/health-and-safety/school-nutrition/free-and-reduced-price-meals.html>.

Applications are available in the school's front office or by contacting Nutrition Services. A new application must be submitted each school year for eligibility to be determined. If you have questions, contact Sarah Ezell at (423) 497-0176 or sezell@lcstn.org.

Only a Complete Meal qualifies for the free or reduced-price benefit. Incomplete meals are charged full price as à la carte.

What if my student has food allergies or intolerances?

Requests for lunch modifications due to food allergies or other health conditions require a physician's order and are reviewed by Sarah Ezell, registered dietitian nutritionist. Contact the CCA Kitchen Manager for any lunch modification requests so that a safe menu can be planned for your student.

Can visitors eat lunch from the cafeteria?

We welcome you to enjoy a lunch from the café with your student. Please order visitor lunches through your child's teacher in the morning. The cost of a visitor lunch is \$6.00.

Does the cafeteria also serve breakfast?

Breakfast is served daily in the cafeteria. A Complete Breakfast costs \$3.00. Breakfast is also eligible for free and reduced-price meal benefits. The reduced-price for a Complete Breakfast is \$0.30.

Breakfast Serving Times: Monday, Tuesday, Thursday, Friday: 7:30-7:50 a.m.; Wednesday: 7:30-8:30 a.m.

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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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