

## National School Lunch Program

Ohio County Schools is part of the National School Lunch Program and the National School Breakfast Program which provide nutritionally balanced, low-cost or free meals to school children. School meals contribute to the learning success of students. Meals not only contribute to nutritional health, but also to school performance. Breakfasts must provide at least 1/4 of student's needs for calories and key nutrients. Lunches must provide 1/3 of the daily requirements for calories and major nutrients. Children whose families meet certain income criteria may qualify for meals for free or for a reduced price. Every student eligible for free or reduced priced meals may receive one breakfast and one lunch meal daily. For information regarding free or reduced priced meals, call 304-243-0486 for an Application or go to [www.wvschoolmeals.net](http://www.wvschoolmeals.net).

## Ohio County Board of Education

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Mr. Shane Mallett

### Administration

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Mr. George S. Krelis  
*Superintendent*

Dr. Dianna M. Vargo  
*Deputy Superintendent*

### Nutrition Staff

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Renee Griffin, MS, RD, LD  
*Child Nutrition Director*

Renee Beabout  
*Child Nutrition Secretary*

Marjorie Broski  
*Child Nutrition Billing Secretary*

Brenda Sine  
*Cafeteria Manager, WPHS*

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## Ohio County Schools Child Nutrition Program

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Wheeling, WV 26003  
304-243-0477  
304-243-0478

Director Renee Griffin, MS, RD, LD  
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# Meals

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All schools in Ohio County offer breakfast and lunch daily. Menus change monthly and are available on the county website and the Edline websites for all schools. The menus are sent home with all elementary and middle school students. The lunch hotline is 304-243-0306.

## Prices

### Elementary Schools:

Breakfast \$1 \$0.30 Reduced  
Lunch \$1.10 \$0.40 Reduced

### Middle Schools:

Breakfast \$1 \$0.30 Reduced  
Lunch \$1.25 \$0.40 Reduced

### High School:

Breakfast \$1 \$ 0.30 Reduced  
Lunch: \$1.50 \$0.40 Reduced

Meals can be charged daily at each school using our centralized billing system. Each month, an itemized statement of the meals charged will be mailed to every household. Balances will carry over from month to month and from year to year.

Payments can be mailed to or dropped off at the Office of Child Nutrition.

## Smart foods = Smarter kids!

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Ohio County Schools follow the West Virginia Board of Education Standards for School Nutrition, Policy 4321.1. This policy sets the nutrition standards for foods and beverages available in schools. This nationally recognized policy supersedes the USDA's requirements for fresh fruits and vegetables, whole grains and other nutrients. Healthy food components are included in the meal pattern and include offering fresh fruits and vegetables, lean meats, whole grains, low-fat or nonfat milk and water. Lunches must contain 1/3 of the Recommended Daily Allowances for key nutrients; limit fats, saturated fats, trans fats and sodium; include fiber and water; and omit sugary foods and beverages. We accommodate special diet orders when a signed physician's statement is returned to us showing medical necessity.

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This institution is an equal opportunity provider and employer.

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# Nutrition Education

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Our monthly nutrition education newsletter entitled "Nutrition Nuggets" is available on the county website and Edline websites for schools as a resource for parents and students. This newsletter is also sent home with menus to all elementary and middle school students. In addition, healthy websites are listed for additional nutrition based resources. Our county has a wellness committee as well as wellness coaches in all schools to be a resource for each school community.

