

2026 - 2027

BACK-TO-SCHOOL NUTRITION NEWS

Where to Find Menus

Nutrislice is our platform for school menus. Find breakfast and lunch menus, along with nutrition information, allergens, carbohydrate counts, and more. Explore the site by clicking on the icon or scanning the QR code.



<https://jcps.nutrislice.com/>

Need an Extra Snack?

Meals are complimentary, but snacks, à la carte items, and extra pizza require payment. To pay, create a free, safe online My School Bucks account, which allows convenient online meal payments.

Click the link below to set up your account and add funds as needed.



www.Myschoolbucks.com



School Meals

JCPS participates in the Community Eligibility (CE) Provision in all school locations. This allows every student to receive a reimbursable breakfast and a reimbursable lunch free of charge each day. The National School Breakfast and Lunch Programs help ensure that students are well nourished and ready to learn. These federally funded programs serve ALL students in our district.

Menus

Our school menus are designed to meet strict United States Department of Agriculture dietary guidelines. The USDA guidelines are based on the latest nutrition research from leading associations and a panel of experts in health and nutrition. The school breakfast and lunch menus are prepared and analyzed to meet these nutrition guidelines. Our menus are low in sodium and saturated fat and include:

- Whole-grain rich foods
- A variety of fresh and chilled fruits
- A variety of fresh and steamed vegetables
- Age-appropriate calorie limits
- A variety of milk offered daily



Visit our [website](#) for more detailed information.

Get to Know Us

<https://www.jefferson.kyschools.us>

JCPS Nutrition Services

JCPSschoolmeals

502-485-3186



Meal Charge Policy

All students again this year will receive meals at no cost. À la carte items (e.g., snacks, extra entrées) are available for purchase. Students shall not be permitted to charge à la carte items, nor shall adults be permitted to charge meals or à la carte items.

APPLICATIONS VS. EDUCATIONAL BENEFITS FORMS

1. APPLICATIONS

Households with **preschool students** will need to complete the **meal application** form for **afternoon snack** through the Child and Adult Care Food Program (CACFP). Parents can request a Meal Application for afternoon snack from their preschool teacher or school.

Preschool students will receive a free breakfast and lunch through CE but will need to complete a form for snack.

Questions?

If you have any questions or need assistance with completing any of the forms, please call (502) 485-3986 or (502) 485-6237.

2. EDUCATIONAL BENEFITS FORMS

If all students in the household are **K-12** and no students are pre-K, **please complete the Educational Benefits Form (EBF)** instead. You can visit <https://jcps.me/ebf> to complete this form online, scan the QR code, or request a paper copy.

SCAN HERE



All JCPS students will receive a breakfast/lunch at no charge, regardless of income or completion of this form. However, the EBF also helps your child's school qualify for grants and other educational resources, like fee waivers.



Shining Bright With Summer Meals!



Each summer, we offer breakfasts and lunches at more than 140 sites to children/teens 18 and under for free. Locations include numerous school buildings, community centers, churches, and summer enrichment programs as well as 30-40 various stops on our mobile routes. Families can reduce their grocery bill during the summer by taking part in this free program. No sign-ups, applications, or income restrictions! All kids/teens, 18 and under, are welcome at any of our open sites! Find locations and menus on website or nutrislice.

Restore Your Energy With After-School Meals!



Many of our schools take part in the Child and Adult Care Food Program (CACFP). This program provides nutritious snacks and suppers at no cost to students during after-school enrichment activities. Ask your school if they are able to take part in this wonderful program. For more information, contact Christina Ashley at (502) 485-3103.

School Breakfast



All JCPS schools offer breakfast daily via serving lines, kiosks, and/or in the classrooms. School breakfast can provide 30 percent of the whole grains for the day, 48 percent of the fruit, and 40 percent of dairy foods. Studies show that students who eat breakfast at school:

- Perform better on standardized tests
- Have better attendance
- Eat more fruits
- Have improved concentration, alertness, memory, and learning
- Consume a wider variety of food

JOIN US

Special Dietary Needs



Students with food allergies, food intolerances, or medical conditions affecting their major life activities or bodily functions have the right to request meal modifications. To make this request, a licensed physician (M.D., ARNP, D.O., or P.A.) or licensed dietitian must complete and sign the Special Dietary Needs Form, as required by the United States Department of Agriculture (USDA). This form may be found on Nutrislice in the sidebar or by visiting the JCPS website and searching for "special dietary needs."

