



**Comal ISD Support Services**

1404 IH 35 N  
New Braunfels, TX 78130  
830.221.2000 or 830.885.1791

**Child Nutrition**

Dianna Tidwell, Director  
830.221.2067  
dianna.tidwell@comalisd.org

*Comal Independent School District does not discriminate on the basis of race, sex, age, religion, color, national origin, or disability in providing education services, activities or programs. It is the intent and policy of this district to conduct its activities in compliance with all Federal and State laws prohibiting discrimination on the basis of race, sex, age, religion, color, national origin, or disability.*

*Updated June 28, 2011*

**Child  
NUTRITION**

## Letter from the Director

We want to ensure that your child receives the fuel necessary to be successful in the classroom. Our low cost meals provide your child with the best nourishment, variety and service available. Because diet has a long-range effect on health, happiness, education and success for your child, our healthy meals are an opportunity to enhance their future and ability to learn.

All menus are analyzed so that each week we are assured that they meet the dietary guidelines. Your child comes first at Child Nutrition Services, so please give us the opportunity to assist in their physical and intellectual fitness.

Please call me or any of the kitchens if you have any questions or suggestions to improve what we do for your child. You are always welcome to join your child for a meal at school.

Dianna Tidwell, Child Nutrition Director  
830.221.2067

## Diet and Academic Performance

Diet is linked to health. Chronic disease often begins in childhood. Therefore, families must establish dietary patterns early for children, whose eating habits are firmly set by age 12.

Studies also show that beginning the morning with breakfast and maintaining a healthy diet throughout the day has direct effect on a student's ability to learn.

Breakfast is a high priority in Comal schools and is particularly emphasized during the State of Texas Assessments of Academic Readiness (STAAR) testing periods. Students that eat a healthy breakfast generally earn higher test scores.

## Menu Selection and Guidelines

School menus are reviewed by the Child Nutrition Advisory Committee. Students, parents, teachers and Child Nutrition personnel work together to provide menus that are desired by students, are cost effective and meet the United States Department of Agriculture (USDA) guidelines.

Nutrition and school meal program guidelines are based on the Dietary Guidelines established by the USDA and are the result of considerable scientific research.

The USDA updates nutritional requirements for school meals annually. These changes regulate the saturated fat and total fat content of school breakfast and lunch meal items as well as encourage more whole grain options and limit amounts of added sugars.

## Funding

District Child Nutrition operations are run on a non-profit, business-oriented basis. Child Nutrition activities must be self-sustaining as the department receives no local tax dollars for operation. Expenditures include funding for food, supplies, all salaries and benefits of employees and purchases of equipment.

## Point-of-Scale Computer System

Comal ISD uses a food service computer system called Point-of-Scale (POS). This sys-

tem increases accountability and efficiency. The computer network also ensures exact records are available to justify federal and state funding subsidies, and helps ensure the district complies with National School Meal Program requirements.

With the POS system's detailed analysis of what students buy in the cafeteria, meal planning can accurately reflect combinations of nutritional meal items that students want and food service supply requirements can be accurately predicted and maintained.

## Free and Reduced-Priced Meals

Families may qualify for free or reduced rates on school breakfasts and lunches. CISD provides free and reduced-priced meals through the federally funded National School Lunch and Breakfast program.

Application forms, accompanied with a letter explaining the availability of free and reduced-priced meals for children, are distributed each year to all households within the school district. Applications are also available in the office of each school and [online@comalisd.org](mailto:online@comalisd.org)

To apply for free or reduced-priced meals, a parent or guardian must complete the application and return it to school. Applications may be submitted anytime during the school year. This information will be used for determining eligibility of free or reduced-priced meals and verification of data by school officials may occur at any time during the school year and is confidential.

## 2010-11 Meal Prices

### Elementary

Breakfast - \$1.30      Lunch - \$2.25

### Secondary

Breakfast - \$1.30      Lunch - \$2.50

### Adults-

Breakfast-\$1.60      Lunch - \$2.95

## Schools and Kitchen Managers

**Bill Brown Elementary**, Ciria Kitzel  
830.885.1400

**Clear Spring Elementary**, Chana Zurovec  
830.837.7300

**Freiheit Elementary**, Cindy Boettner  
830.221.2700

**Garden Ridge Elementary**, Nora Rodriguez  
830.837.7000

**Goodwin Frazier Elementary**, Janie Gomez  
830.221.2200

**Hoffmann Lane Elementary**, Sonny Ayala  
830.221.2500

**Johnson Ranch Elementary**, Robyn Highwood  
830.885.8600

**Kinder Ranch**, Marcus Tyre  
830.885.8900

**Morningside Elementary**, Robbin Damerau  
830.837.7100

**Oak Creek Elementary**, Carmen Bell  
830.837.7200

**Rahe Bulverde Elementary**, Diana Littrell  
830.885.1600

**Rebecca Creek Elementary**, Kellie Burley  
830.885.1800

**Arlon Seay Elementary**, Patricia Dwight  
830.885.8700

**M.H. Specht Elementary**, Frank Robertson  
830.885.1500

**Startzville Elementary**, Marion Nelson  
830.885.8000

**Timberwood Park Elementary**, Ann Marie Henton  
830.885.8500

**Canyon Middle**, Herlinda Leal  
830.221.2300

**Church Hill Middle**, Peter Quintal  
830.221.2800

**Mountain Valley Middle**, Patty Coggeshall  
830.885.1300

**Smithson Valley Middle**, Victoria Simpson  
830.885.1200

**Spring Branch Middle**, Melissa Tate  
830.885.8800

**Canyon High**, Jeanne Wood  
830.221.2400

**Canyon Lake High**, Marie Brooks  
830.885.1700

**Smithson Valley High**, Debra Crook  
830.885.1000