

School Nutrition Program

Welcome to the district's School Nutrition Program. I would like to take this opportunity to highlight the many features of the program.

The K-12 menus offer numerous local farm to school (F2S) items, build a salad options, frequent fresh fruit and vegetable choices and WHOLE grains.

All students in grades 1-12 have access to a morning nutrition option. Students may choose a full breakfast meal or a single milk or juice cup. Families participating in the free/reduced meal program may also participate in the FULL breakfast meal at the free or reduced price

Students in grades 6-8 are served lunch at the high school building. In addition they can enjoy the option of purchasing ONE ala carte item. The items offered meet the "Smart Snacks" guidelines, such as whole grain cookies, baked chips, fruit cups and string cheese. Each item will be priced individually between \$.50 to \$.75 each (a price list is available on the district's web site)

The grades 6-12 menu continues to offer increased entrée choices, including all the regular fruit and veggie items. High school students will be offered additional extra entrees and "Meal Deal" selections. The "Meal Deals" are listed on the menu and can be chosen at the same cost as a regular meal.

The menus are available on the district's website, along with nutrition information, including more detailed meal and à la carte options.

As a district we strive to prepare a nutritionally balanced, healthy and appealing meal to our students at a reasonable cost. It is available on the first day of school. The program operates on a nonprofit basis, with meal and item prices reflecting the amount the district requires to continue the program. We value your participation in our school nutrition program!

I am available to offer assistance with any nutrition concerns you may have. I can be contacted at: 635-4347, ext. 312 or plarr@poynette.k12.wi.us

Thank you for supporting the school nutrition program!

Paula Larrabee, CDM

Food Service Director

The following information should be reviewed and saved for your reference during the school year:

Healthy School Meals

It can be challenging for children to enjoy healthy meals. One just has to watch the nightly news to understand that we are reaching an obesity epidemic in this country and that our youth must receive nutrition education to make healthier choices. The concept is, by offering them a variety of healthy items in appropriate serving sizes, they will learn to make those choices, both in and out of the school environment. At the start of each serving line is the USDA MyPlate chart, it explains the different meal components and how they fit with the meal service for the day. Each component that is listed includes: the servings of fruit, vegetable, grain, protein and milk that are

offered that day. The food service program participates in the offer versus serve meal option, which enables the student to have some choice in what they select for their meal items and helps to reduce plate waste. The students are required to select at least three different components from the fruit, vegetable, milk, protein and grain categories. One of the choices must be from the fruit or vegetable group. If they are coming home hungry, ask them what choices they made for lunch or if they selected all the items that were offered and if they didn't, encourage them to try one other choice that would include the fruit, vegetable or grain. Our food service program is centered on the following concepts: Increasing servings of FRESH fruits and vegetables, offering whole grain-rich foods (those containing at least 51% whole grains), decreasing the amounts of sodium, fat, saturated fat and serving ZERO grams of trans fat. I ask for your help to model and teach healthy eating habits outside the school environment.

Food Service Accounts

The district utilizes a computerized food service accounting system. The program is part of the Infinite Campus Student Information System. Parents have accounts established and students access money from their accounts using their own "4-digit Personal Identification Number (PIN)."

Any food service money brought to the elementary or middle schools will be forwarded to the high school office where deposits are processed. Please include each student's full names on the deposit envelope.

Additional Purchases

Parents of students in the district have the option to limit meals at all grade levels. This refers to the dollar amount that your student, as an individual, can spend. Parents of middle and high school students have the option to limit the daily dollar amount spent on à la carte or extra entrée purchases. This does not affect their purchase of any regular meal option or milk. It only limits the monies spent on extra entrees or à la carte items.

If you would like to set limits on your account or exclude any extra purchases please call 635-4347, ext. 403.

Deposits and Online Payments

This system is a prepayment program. Parents are asked to prepay all food service costs for their children at this time to ensure that all transactions to accounts will be completed prior to the start of school. Send only one check (payable to School District of Poynette) per family for the food service program rather than a check for each student. Please designate the amount to be allocated per student.

PLEASE, DO NOT SEND CASH to ensure accurate recording of payment. Send checks to: Poynette High School Office, c/o Food Service, P.O. Box 10, Poynette, WI 53955.

Any money remaining in a student's account at the end of the school year will be rolled over into the following school year. Money will be returned if the student is not going to remain within the district or is a graduating senior.

The **online** payment option is available on the Infinite Campus portal. Online payments are instantly deposited into the food service account, providing families with an easy and convenient option to pay fees.

Account Balances

Payments must be made in a timely manner. The food service accounts are a **pre-payment program**. As a result, each student's account should hold and maintain sufficient funds to make purchases. Please review your family's IC account along with your email and phone information we have on file to ensure it is correct. You may find it helpful to monitor account spending on a calendar at home and access your account through the Campus Parent Portal.

If you have questions about your family account, or balance, please call 635-4347, ext. 403.

The following is the district's policy for account balance management:

- Low Positive \$10 (ten) balance - an automated message sent out to the family via email reminding families of a low balance.
- On or Before Negative \$5 (five) account balance -- phone call or electronic contact informing families of possible account suspension
- Negative \$20 (twenty) and lower account balance -- notice of suspension (by phone or letter) providing at least three school days warning -- informing them that students will no longer be allowed to charge meal or food products until the student's account is restored to a positive balance. (Accounts will be suspended after three school days if funds are not received to ensure the account has a positive balance.)
- Parents who do not meet this deadline will be asked to send a bag lunch with their children.

Free and Reduced-Price Meals

Free and reduced price meals are available for those who qualify. An application is enclosed in this newsletter as an insert. Applications are also available at any school office or on the district web site. Parents should read the information carefully to see if they qualify, as adjustments are made each year to the amount of income that can be earned. A family may have to reapply each year, if not qualified through the direct certification program. If you have not received notification that you have qualified for the new school year, you should complete a new application as soon as possible. The completed application should be returned as soon as possible to the District Administration Offices, located next to the high school.

An application can be made at any time with eligibility determined at the time it is received. The district implements all precautions available to respect the recipient's confidentiality of free or reduced meals.

Each child is entitled to one lunch and one (grades 1- 12) breakfast per day at their approved status. Additional meals, milk for meals brought from home, à la carte purchases and milk for milk break is at **full cost** and families are responsible for all charges incurred.

Children with Special Dietary Needs

If you have a child with special dietary needs, please provide the teacher, school nurse and the school office with a written note of the details.

Grab N go Breakfast and Morning Milk break

A Grab n' Go Breakfast is served to all students in grades 1-12. Students may choose the full breakfast meal or they may purchase only a milk or juice cup. All students participating in the Free or Reduced meal program also qualify for one free or reduced price breakfast meal (it does NOT apply if they select ONLY a milk or juice cup). Students will use their school PIN to pay for their purchase, with charges deducted from the family account, Please deposit sufficient monies to cover the extra purchases. Remind your student to participate in the breakfast program, it is a good value at a cost of only \$1.65 per student (reduced \$.30 cents). We all know how important it is to start your day with a good nutritious breakfast!

Meal prices:

Lunch: \$2.80— grades K-5
 \$2.90— grades 6-12
 \$4.00 — adults
 \$.40 — reduced lunch price
 \$.40 — Milk, per half-pint

Breakfast: \$1.65 -- grades 1-12
 \$.30 -- reduced breakfast
 \$ 2.50-- adults

The meal price includes one carton of milk per purchase.