

Greetings from the kitchen,

Applications for free and reduced meals are available on-line or in the school office. We encourage **ALL** families to review the information regarding the meals assistance program that is offered through the state of Minnesota. It is a program that is available to help offset the cost of providing meals for school children. Please look over the income qualifications for meal assistance. The application process is very simple and does not require a lot of time. If you qualify, it will help provide school meals for your family, reduce the costs of your child's participating in school activities and provide more government funding for our school. Also, in 2014/2015 school year our Government passed into law that all families qualifying for reduced meals will be **free of cost** to families. **Also, ALL Kindergarten students receive free breakfast.** This is very important so, please check out the income qualifications for your household!

If you would like more information regarding free or reduced meals or need help with filling out a lunch application for school meals please call Wendy Molstad and she will help you with that. Remember that you can apply for temporary status also, so if you are currently experiencing a change in your employment or are currently unemployed you could be eligible for free or reduced meals for your children. It is a very simple application and we are here to help you.

We want everyone to be aware of our district's policy on negative lunch account balances. The school board approved this policy for the Battle Lake School Meals program. It is as follows:
Single accounts or family accounts with a negative balance of \$100 or more accumulatively will be charged a single \$5.00 late fee per month. This new policy begins September 1, 2018.
High School students will not be allowed to purchase ala carte items during lunch or items from the school store if they have a negative balance on their account. They can always make purchases with cash.

Ala'Carte items and second portions will still be offered to our students. 7-12 grade students will need to have a signed consent form to purchase these products. The form is available in the school office, or you can down load it from the schools web site under documents forms and applications.

Please notify our food service department if your child has any food allergies. We will be happy to alter food products to accommodate your child's needs. This includes allergies, lactose intolerance, vegetarians, gluten free and pork sensitivities. A doctors note is required to verify these allergies.

Breakfast prices for grades k-12 are:

Full pay students - \$1.50
reduced meals free

Lunch Prices: Elementary grades k-6

Full price \$2.35
Reduced meal price is free

Sr.High students grade 7-12

Full price meal 2.60

Reduced meal price is free

Extra portion price 1.50

Extra milk .50

Adult Meal Price \$3.75

Students can drop off money for their account in the office or in the food service office. Remember we also offer the Pay School – Pay online program. This is a program for you to pay on line with a credit card. We have a link on the school web site, check it out. This is a very easy way of paying and keeping track on line of your child’s account.

There are new things happening in the lunchroom this year. One of the exciting things is the addition of a “**Share Table**”. A “share table” is an innovative strategy to encourage the consumption of nutritious foods and reduce food waste in lunchroom. The Food and Nutrition Service (FNS) encourages State agencies to support food service operators in their efforts to increase consumption of nutritious foods and minimize food waste in their programs. As a reminder, we still must plan, prepare, and order food with the goal of providing one meal per child at each meal service. Share Table Overview: FNS regulations require participating schools to provide reimbursable meals that meet specific meal pattern requirements outlined in 7 CFR 210.10, 220.8, 226.20, and 225.16, respectively. However, FNS recognizes that, for various reasons, children may not always want to consume certain food or beverage items included in their meal. “Share tables” are tables or stations where children may return whole food or beverage items they choose not to eat, if it is in compliance with local and State health and food safety codes. These food and beverage items are then available to other children who may want additional servings. This year we will offer many varieties of items on the lunch menu. We will be doing our BEST to ensure that your child will be served nutritional meals that will comply with the National School Meals regulations. We will continue offering alternate choices in addition to the regular lunch menu.

Share tables allow food or beverage items to be reused in a number of ways, depending on the Program’s preference:

- Children may take an additional helping of a food or beverage item from the share table at no cost;
- Food or beverage items left on the share table may be served and claimed for reimbursement during another meal service (i.e., during an afterschool program when leftover from a school lunch).

- Food components FNS recommends sharing: Unopened pre-packaged items, such as a bag of baby carrots or sliced apples stored in a cooling bin. Whole pieces of fruit, such as apples or bananas. Unopened milk, if immediately stored in a cooling bin maintained at 41°F or below.

- Food components FNS does not recommend sharing: Unpackaged items, such as a salad bowl without a lid. Packaged items that can be opened and resealed. Open items, such as an opened bag of baby carrots or sliced apples. Perishable foods, when a temperature control mechanism is not in place.

The student reimbursable lunch program continues to follow the: The Healthy Hunger Free Kids Act for the National School Lunch Program.

All student meals will increase the amount of fruits and vegetables, reduce the grain requirements, reduce the protein amounts and limit milk to only 1% white and skim white and skim chocolate milk. All menus must now stay within a calorie range.

So what does this mean to your child.

We will continue to follow the Offer -vs- serve program. This means that students need to have at least 3 out of the 5 food components on their tray. Offer vs serve states that students must now take a fruit or vegetable as one of the 3 food components. The 5 components are: Fruit, Vegetable, Bread/Grain, Meat/Meat alternates and fluid milk.

For students in grades k-5 the meal pattern is as follows:

Minimum 550 calories Maximum calories 650 per lunch.

Fruit- 1/2 cup per day, Vegetable- 3/4 cup per day, The change went from 1/2 cup total fruit/vegetable combination to 1/2 cup fruit and 3/4 cup vegetable per day. (Students in the past had a choice not to choose fruit or vegetable; however students MUST now take a fruit or vegetable as part of the offer vs serve program.

We are required to serve 1/2 cup per week of Dark Green vegetable, 3/4 cup per week red/orange vegetable, 1/2 cup per week Legumes. 1/2 cup starchy vegetable such as (green peas, corn, white potatoes) total per week and additional 1/2 cup not in those categories of vegetables of per week. Bread and grains: 8 to 10 oz grain/bread per week. (1 per day minimum). The change went from servings of 8 to 10 bread or grain products down to 8 or 9 servings.

Meat/Meat alternate 1oz minimum serving per day. The change went from 2oz minimum to 1oz minimum.

Fluid milk: 1 cup daily. This year all milk must be 1% white, skim white and only skim chocolate.

For students in grades 6-8 the meal pattern is as follows:

Minimum calories 600 Maximum calories 700 calories per lunch.

Fruit- 1/2 cup per day, Vegetable- 3/4 cup per day, The change went from 1/2 cup total fruit/veg. combination to 1/2 cup fruit and 3/4 cup vegetable per day. (Students had a choice not to choose fruit or vegetable last year to now having to take a fruit or vegetable as part of the offer vs serve program.

We are required to serve 1/2 cup per week of Dark Green vegetable, 3/4 cup per week red/orange vegetable, 1/2 cup per week Legumes. 1/2 cup starchy vegetable such as (green peas, corn, white potatoes) total per week and additional 1/2 cup not in those categories of vegetables of per week.

Bread and grains: 8oz - 10oz per week. (2 per day minimum)

Meat/Meat alternate 1oz minimum serving per day. The change went from 2oz minimum to 1oz minimum.

Fluid milk: 1 cup daily. This year all milk must be 1% white, skim white and only skim chocolate.

For students in grades 9-12

Minimum calories 750 Maximum calories 850 per lunch.

Fruit- 3/4 cup per day, Vegetable- 1 cup per day, The change went from 1/2 cup total fruit/veg. combination to 1/2 cup fruit and 3/4 cup vegetable per day. (Students had a choice not to choose fruit or vegetable last year to now having to take a fruit or vegetable as part of the offer vs serve program.

We are required to serve 1/2 cup per week of Dark Green vegetable, 1 1/4 cup per week red/orange vegetable, 1/2 cup per week of Legumes. 1/2 cup starchy vegetable such as (green peas, corn, white potatoes) total per week and additional 3/4 cup not in those categories of vegetables of per week.

Bread and grains: 10oz - 12oz per week. (2 per day minimum)

Fluid milk: 1 cup daily. This year all milk must be 1% white, skim white and only skim chocolate.

Thank you

Wendy Molstad

Food Service Director