

ALBURNETT COMMUNITY SCHOOL
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Welcome to the Alburnett Community School District Child Nutrition Program!

The Child Nutrition Program offers nutritious, appealing and affordable breakfast and lunch meals every day of the school year. Breakfast service begins at 8:00 AM and is also available on late start days. We serve a combination of classroom meals, breakfast after the bell, and food service line options. Proper nutrition is fundamental for the success of academic programs. Our meals meet the new USDA nutrition standards which require the following:

- Age-appropriate calorie limits
- Larger and varied servings of vegetables and fruits (students must take at least one serving of either/or vegetables and/or fruits to be considered a reimbursable meal)
- A wider variety of vegetables, including dark and red/orange vegetables and legumes
- Fat-free or 1% milk varieties (Chocolate and strawberry flavors are fat-free)
- Whole-grain rich grain options
- Less sodium and fewer processed foods

Menus:

The Child Nutrition Program is committed to working with students and parents to engage students in lifelong healthy eating habits. Menu suggestions are always welcome and encouraged. We love to try new recipes too! Menus are available on the school website (<https://alburnettcsd.org/district-info/departments/nutrition/>), are "live" on the school app and are posted throughout the school. We encourage parents to look at menus with students and discuss their choices. Students may choose items to create a balanced meal but must include a minimum of 3 components, one of those being ½ cup of fruit or vegetable to qualify as a reimbursable meal. A wide variety of daily options empower students to make choices for an appealing & healthy meal. Menus are subject to change and menu item substitutions may be necessary due to a variety of reasons such as product shortages or vendor substitutions, quality issues and limited availability. Those adjustments are made on the school app daily.

2020-2021 Meal Prices: *Breakfast & lunch meals are free for ALL students through the end of the school year*

Breakfast	Pre-K-12-\$1.70 Second meal/Guest/Adult-\$2.05
Lunch	Pre-K-5-\$2.60 6-8-\$2.65 9-12-\$2.70 Second meal/Guest/Adult-\$4.00
Milk	\$.45

Reduced price breakfast \$.30, reduced price lunch \$.40

Free & Reduced Price School Meals:

An eligibility application is included in the packet for your convenience. Any household may apply. You may return the completed application and waiver to any school office, send it with your student to turn into the office, fax it to the above number, mail it to the address listed above or drop it off to the Nutrition Department. The entire process is confidential. *Snack milk and/or “extra” a la carte charges are not covered with the approval of a free/reduced meal application.

Food Service Payments:

Payments may be made using the JMC link on the school web page (encouraged), cash or check may be sent with a student to turn into his/her teacher or office or you may drop off payment to any school office or the Nutrition Department. If you need help, please contact any office or the Nutrition Department for assistance.

Snack milk:

Students in *Pre-school through 4th grades* are given the daily option of snack milk. The cost is \$.45 per day. Teachers track these charges daily and they are processed by the Nutrition Department once a week. The cost of snack milk is not included with free/reduced meals. Students must have money in their account to cover these charges. Please contact Denise Rawson to discuss financial options if you are unable to pay but would like your child to participate. If you do not want your child to participate, please let us know.

“Extras,” A La Carte Items :

Students in *3rd, 4th and 5th grades* have the option of purchasing a 2nd milk with their meal. This option is available to all students but they must have money in their account prior to their purchase. The cost of an extra milk is \$.45.

Students in *5th grade* have the daily option of purchasing seconds of the main entrée. This option is available to all students but they must have money in their account prior to their purchase. The cost of an additional entrée is \$1.70. *Not available during in-classroom feeding procedures.

Pirate packs are an alternate meal for *Pre-school through 5th grade* students. They are packaged fresh daily and include a variety of fresh fruits & vegetables, whole grains, cheese, choice of milk and the option of yogurt. This optional meal is all-inclusive and is available to all students as an alternative to the lunch line meal.

Students in *6th through 12th grades* have a variety of a la carte choices daily. In addition to an additional entrée option (\$1.70), they also have the option of purchasing: bottled water (\$.90), a variety of low-fat yogurt (\$1.00), Propel (\$1.50) and string cheese (\$.75). *Some options not available while following Covid precautions.

Fresh salads are prepared daily and are available to all staff and students for lunch. They may be purchased as part of a regular meal or separately for \$2.75. Accounts must have a positive balance for an a la carte purchase.

Food Allergy Information:

If your child has a disability or life-threatening food allergy and you would like a substituted menu item, you will need to obtain a Disability/Medical Condition Statement for Food Served by contacting the School Nurse, Sue Meyer, or the Nutrition Department. If your child has a lactose intolerance, we also require a document to be completed for a lactose-free milk substitute.

Guests are always welcomed and encouraged. Come eat with us! No need to RSVP unless you are bringing a large group or it is a special event meal. *Covid restrictions do not allow for guests.

I look forward to meeting you! If you have any questions, please feel free to contact me via email at drawson@alburnettsd.org or by phone at 319-842-2261.

Thank you,

Denise Rawson, Child Nutrition Director