

ALBURNETT COMMUNITY SCHOOLS

Home of the PIRATES

P.O. Box 400 • 131 Roosevelt Street, Alburnett, Iowa 52202

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 “grab & go” meals and serving line options. Proper nutrition is fundamental for the success of academic programs. Not only do our planned meals meet and exceed the USDA nutrition standards for school meals, we also strive to continuously improve the program by providing:

- Larger and varied servings of vegetables and fruits. We take pride in offering a wide variety of fresh, non-processed fruits & vegetables daily
- A wider variety of vegetables, including dark and red/orange vegetables and legumes
- Highlights of new menu items/recipes
- Taste-testing opportunities for new menu items/recipes
- Fat-free or 1% milk varieties
- Whole-grain rich grain options
- Less sodium and fewer processed foods
- Fresh, locally sourced ingredients/foods in our recipes & menu items

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 and may be emailed to staff & students. We encourage parents to look at menus with students and discuss their daily 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.

2024-2025 Meal Prices:

Breakfast	Available to all students daily	\$1.80	Second meal/Guest/Adult-\$2.15
Lunch	PK-5 \$2.70	6-8 \$2.75	9-12 \$2.80
		Milk	\$.50
		A la carte entree (available for grades 5-12)	\$1.85

Free & Reduced Price School Meals

Due to the discontinuation of USDA waivers, free meals are no longer available for all students. If you do not receive an approval letter and feel you may qualify, please complete an application and return it to the Nutrition Department. An eligibility application is included in the packet for your convenience, are available here: <https://alburnettcsd.org/district-info/departments/nutrition/>, or you can request a mailed copy by contacting Denise Rawson (contact information at the bottom of this letter).

Any household may apply at any time throughout the school year. An approval lasts for the current school year and 30 days into the new school year at which time a new application is required. 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. *A completed waiver must be submitted to have school fees waived or reduced. A notification letter will be mailed after the application has been processed. If the waiver portion of the application was not completed, an additional waiver will be included and will need to be returned.

Food Service Payments

Payments may be made using the LinQ Connect on the school web page: <https://linqconnect.com/main> (there is a convenience fee associated with this payment method), 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 assistance with login information for Alma, please contact Alaina Wagner at awagner@alburnettcsd.org. If you need help with any Nutrition Program materials, please contact the Nutrition Department/Denise Rawson at drawson@alburnettcsd.org.

Snack milk:

Students in *Preschool through 4th grades* are given the daily option of snack milk. The cost is \$.50 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. We require a written request to use donated funds to cover milk charges. If you do not want your child to participate in the snack milk option, please let us know.

“Extras.” A La Carte Items:

Students in *3rd through 12th grades* have the option of purchasing a 2nd milk with their breakfast/lunch 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 \$.50.

Students in *5th through 12th grades* have the daily option of purchasing seconds of the main or alternate 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 \$1.85.

Pirate packs are an alternate meal option for *Preschool 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. Students may also choose up to 3 additional items from the main serving line (excluding the entree). This option is available to all elementary students at no additional charge.

Students in *6th through 12th grades* have a variety of a la carte choices daily. In addition to an additional entrée option (\$1.85), they also have the option of purchasing: bottled water (\$1.00), a variety of low-fat yogurt (\$1.50), and string cheese (\$.80). Other items may be available on a daily basis. That pricing can be requested from the Nutrition Office.

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 \$2.90. **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 requires meal item substitutions, you will need to obtain a Disability/Medical Condition Statement for Food Served by contacting the School Nurse, Jill Hunt, or the Nutrition Department. It can also be found here:

https://idph.iowa.gov/Portals/1/userfiles/128/Diet%20Modification%20Request%20Form%202018_v2.pdf

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.

If you have any questions, please feel free to contact me via email at drawson@alburnettcsd.org or by phone at 319-842-2261.

Thank you,

Denise Rawson, Child Nutrition Director