

Fort Leavenworth USD 207 Child Nutrition Program

Dear Parents:

We know that you are having to make some difficult decisions during this stressful time. We hope that you will trust us to safely take care of your students for breakfast and or lunch.

Our food service staff is dedicated to providing healthy food with extreme safety measures for both staff and students alike. We are committed to making this work and provide a great breakfast and lunch experience for your children.

Our menu, although reduced from 4 items offered to 2 choices daily provides our students with kid friendly preferences while providing choices that are not only healthier but tasty. For example; our pizza is on a whole grain crust with low-fat mozzarella. Chicken nuggets, and other breaded products are flash fried then baked to further reduce the fat content, vegetables are either fresh or frozen and steamed to maintain the integrity of the nutrition content. We make our own Ranch, Italian Dressings, Salsa and B.B.Q Sauce to reduce both the fat and sodium content and still provide a tasty product.

We believe that we have a strong variety of comfort and recognizable foods in our menu that are not only nutritious but will appeal to and help educate your child about the importance of making nutritious choices. Please take the time to read about our food service program.

LUNCH

Our school lunch program is the best bargain on the Fort. Get a “full meal deal” for only \$2.80 (Elementary Students) or (Junior High Students) \$2.90 for Grades 7-8 and \$0.00 for Grade 9.

The prices for “full meal” lunches are:

	One Day	Per Week
Elementary	\$2.80	\$14.00
Junior High Gr.7-8	\$2.90	\$14.50
Junior High Gr. 9	Free	
Reduced Price	\$0.40	\$ 2.00



Our district has implemented an “offer versus serve” option, allowing the students to refuse two choices of the five “full meal” components. Every morning our students will make their choice daily on a google form that associates their name with their choices. For Kindergarten and 1st grade you might consider discussing menu options with your child in the evening. Our interactive menu located and instructions are found on your school web-site. The menu translates into 20 languages. Each item has a picture of the food taken in our kitchen, carb count, allergy

Meals will be provided in sealed containers and delivered to their classroom area. Ala carte purchases may also be chosen for their snack time snack. Each menu is published monthly your school website. A “full meal” must consist of three out of the five food group components, (i.e. meat, grain product, fruit, vegetable(s) and milk). A student must take at least ½ cup of fruit or vegetables daily.

All students may purchase Ala Carte (water, extra milk, yogurt and whole grain snacks). Kindergarten is restricted to String Cheese, Yogurt, Water and Milk. Any ala Carte item purchased will be at an additional expense, please talk to your children about spending wisely and remember that we will always encourage all of our students to make healthy choices each day. If you do not approve of Ala Carte options for your child please contact the food service cashier for your child’s school.

Start your Day with BREAKFAST!

Breakfast is the backbone of a healthy day of productive learning. Study after study has proven that children who eat breakfast are ready to learn, score higher on verbal, performance based, and math-based IQ tests. Eating breakfast can enhance not only mental performance but children are more attentive and acquire improved hand and eye coordination.

Breakfast will be in grab and go fashion in lidded containers that can be picked up at a central location in each school. There are two choice available every day with milk option

Our Breakfast begins at 7:30 a.m. & is also available on half (½) days of school when lunch is not served. All of our schools offer a low cost breakfast. For only \$1.65 (Elementary) or \$1.75 (Junior High) your child gets one entree, 1 cup comprised of fruit or 100% fruit Juice and milk.

FREE AND REDUCED MEALS

If you feel your family's income qualifies for these benefits or if your family's financial circumstances have changed, please complete a Free and Reduced Meal application. These applications are e-mailed to each e-mailed to the sponsors e-mail address on file. They are also available at your school's office and the Board of Education office.

If your child qualifies for reduced meals, the cost for a lunch is 40¢ and for a breakfast 30¢. Students qualifying for free lunches also get free breakfasts.

When you qualify for free or reduced-price meals, please inform your student(s) that they must take a minimum of three of the five "full meal" components for lunch and breakfast on each day he/she plans to eat. This ensures that your student(s) will receive a "full meal" and not be charged the non-reimbursable meal price.

STUDENT ACCOUNT BALANCES

The Fort Leavenworth Schools use a debit system for students. You deposit money into your student's account for his or her future use in purchasing school meals. The Nutrition Services Department is entirely self-supporting with a goal of the end result at a break-even for the year. Keeping a positive cash flow in you accounts are essential; therefore,

- **Monday an e-mail will be sent when student balances are -5.00.**
- **Ala Carte will not be available to those students that have a negative account balance.**
- **If the balance continues to have a negative status, further action will be taken by the Chief Financial Officer and commanding officers will be contacted. We will not stop feeding your child while accounts are in the negative but ala carte purchases will be stopped.**

We thank you for your continued support of the Child Nutrition Program. If you have questions feel free to call or at (913) 651-7373, Ext. 5410 or email mestes@usd207.org. We are looking forward to another great year of providing your student with great meals.

Under normal circumstances we love to serve our parents. This year it is not an option. Should Covid-19 become a past memory and we will soon be able meet you coming through the lunch line as your child shows you the ropes. Have a wonderful school year and let us know if we can be of service.

Respectfully

Marianne Estes
Food Service Director
Fort Leavenworth USD 207

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