

## K-8 LUNCH AND ALA CARTE

### K-8 lunch program

Our menus are planned to provide students with 1/3 of their daily nutritional needs over the course of 1 week. We use the "offer vs. serve" approach for all grades, allowing students to serve themselves vegetables and fruit. This is in the hope that they will take what they will eat, and eat what they take. Students may take the "entrée", milk, 1 vegetable and 1 fruit, and bread when it is offered. Students must take 3 out of the 5 items offered. We offer fresh fruit every day, and 3 different types of milk. Students are charged 1 price for a meal, but if they take less than 3 or more than 5 items they are charged ala carte prices.

### ALA CARTE PROGRAM

**Ala Carte** items are any items that are not sold as part of the reimbursable lunch. Items sold for **K-4** students include extra milk, entrees, vegetables, and fruit, and partial meals (see above). Accounts **MUST** have enough money in order to purchase extras or doubles. Items for **5-8** students include bagels, muffins, fresh fruit, juice, milk, yogurt, entrees, vegetables, 100 calorie packs, pretzels, and graham crackers. Ala Carte items are for sale in the lunch line after students have been through the regular lunch line. Accounts **MUST** have enough money in order to purchase ala Carte items.

### 5-8 FOOD-BAR LINES

The **FOOD BAR** lines offer a variety of menus that rotate daily. They are not "all-you-can-eat" lines, but are set up so that students may serve themselves most of the meal. Many of these items may be purchased as a meal. Items that are Ala Carte only are priced accordingly. **Extra portions will be charged.**



## MORNING MILK

Our **K-4 elementary** buildings offer milk in the morning. The cost is \$0.35 per day, or about \$7.00 per month. You may simply add this amount to your lunch payment check. All Food Service purchases come out of the same account.

### BREAKFAST

Does your student...

- ◆ leave home without breakfast in the morning?
- ◆ get hungry later in the morning?
- ◆ get headaches in the morning?
- ◆ have trouble concentrating on things?

If you answered YES to any of these questions, your student could benefit by coming to **SCHOOL BREAKFAST**. Benefits of eating a balanced breakfast:

- ✓ Better overall performance in class
- ✓ Students are more alert
- ✓ Fewer complaints of head or stomach aches
- ✓ Less absenteeism and tardiness
- ✓ Positive link between eating breakfast and higher test scores
- ✓ Improved daily nutrient intake
- ✓ Reduced discipline referrals

A breakfast that consists of only fruit or juice or sugared soda causes a quick rise in blood sugar and energy. In about 1 hour, blood sugar and energy levels decline. A balanced breakfast with sugar, starch, protein and fat gives a sustained release of energy, and delays the symptoms of hunger for several hours. Students can concentrate on learning until it is time to refuel at lunch.

Our breakfast offers grains, fruit or juice, protein, and milk. Your child will be required to take 3 of the 4 items offered. Menu items include cold cereals, bagels, muffins, cinnamon twists (5-8), yogurt, string cheese, fruit and juice, milk, breakfast sandwiches (5-8), and breakfast pizza (5-8).

# Welcome!

## Oregon School District Food Service

### K-4 Lunch and Milk Programs

### Breakfast Programs

### 5-8 Lunch Programs

### Ala Carte

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Food Service Director

Child Nutrition is our Business

