

OSD School Nutrition Newsletter 2023-2024

Welcome to the 2023-2024 School Year! The Oregon School District Nutrition Department is proud to serve healthy and delicious meals to our K-12 students. We have a focus on serving local foods as well as items that are free of unwanted added ingredients (such as high fructose corn syrup). Additionally, throughout the year, our students will have the opportunity to participate in taste tests to try a variety of foods that are locally sourced or new menu items.

Building a Complete Meal

BREAKFAST: We offer at minimum four items at breakfast, including options of grains, fruits, and milk. Students must choose a minimum of three items offered to create a complete breakfast. One choice must be a ½ cup fruit. If a student in grades K-6 only selects one or two options, they will be asked to go back to make a full meal, 7th-12th grade students have the option to be charged a la carte pricing.

LUNCH: At lunch we offer five food groups - protein, grains, fruit, vegetables, and milk. A student can build a complete lunch by choosing at least three of the five food groups, one choice must be a 1/2 cup fruit or vegetable. If a K-4 student only selects one or two options, they will be asked to go back to make a full meal, 5th-12th grade students have the option to be charged a la carte pricing.

Field Trip Lunches

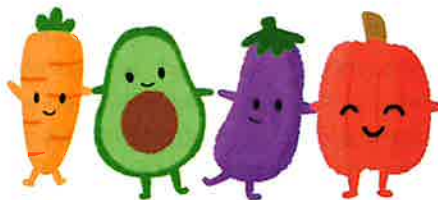
Students in all grades can order a sack lunch for field trip days. Meals include a sandwich, fruit, veggies, crackers, and milk. Teachers will send the sack lunch sign up along with the field trip information.

Meal Prices

	BREAKFAST	LUNCH
K-4	\$2.00	\$3.15
5-8	\$2.00	\$3.35
9-12	\$2.00	\$3.55
REDUCED	\$0.30	\$0.40
ADULT	\$2.80	\$4.90
EXTRA MILK	\$0.50	\$0.50

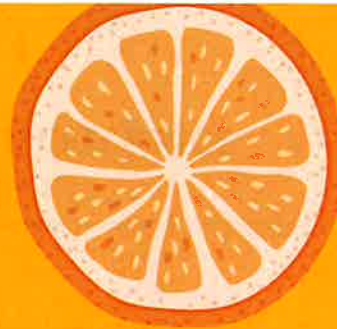
A La Carte

Students in 5th-12th grade have access to additional a la carte options such as extra entrees, crackers, juice, whole grain desserts, etc. The item pricing is located on an orange tag next to the item near the register. All items are charged at the full a la carte price regardless of Free or Reduced status. Students must not have a negative balance in their meal account to purchase a la carte.



Contact Information

Sarah Tomasiewicz School Nutrition Director 608-835-4036 OSDMeals@oregonsd.org	Jenna Anthony Asst. School Nutrition Director 608-835-4057 jranthony@oregonsd.net	For more information, visit our Website: www.OregonSD.org/food
---	--	---



Meal Accounts

Each student is assigned a meal account at the beginning of their career at OSD. They can use their Student ID Card, Bus ID Card, or PIN to access their account in the cafeteria.

Two Ways to Add Money

1. Check or Cash sent in to the schools, please add the student's full name to the envelope
2. Online through the Infinite Campus Parent Portal. We accept credit or debit cards online.

Free/ Reduced Meal Information

All families have the opportunity to complete Free or Reduced Price Meal Application. We offer both paper copies as well as online applications. For more information on how to apply and to find an application please go to www.OregonSD.org/food or contact Sarah at 608-835-4036.

This institution is an equal