



# OSD School Nutrition Newsletter

Welcome to the 2022-2023 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.

## 2022-2023 Meal Prices

	BREAKFAST	LUNCH
K-4	\$1.85	\$3.00
5-8	\$1.85	\$3.20
9-12	\$1.85	\$3.40
REDUCED	\$0.30	\$0.40
ADULT	\$2.65	\$4.75
MILK	\$0.40	\$0.40

## 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 Price Meal Information

All families have the opportunity to complete a Free/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/page/88](http://www.OregonSD.org/page/88) or contact Sarah at 608-835-4036.

## Building a Full Meal

**BREAKFAST:** A complete breakfast is built with a minimum of 3 of 4 items, including grains, fruits, milk. One choice must be a ½ cup fruit. If a K-4 student only takes one or two options, they will be asked to go back to make a full meal, 5<sup>th</sup>-12<sup>th</sup> grade students have the option to be charged a la carte pricing.

**LUNCH:** A complete lunch is built with a minimum of 3 of the 5 food groups - protein, grain, fruit, vegetable and milk. One choice must be a 1/2 cup fruit or vegetable. If a K-4 student only takes one or two options, they will be asked to go back to make a full meal, 5<sup>th</sup>-12<sup>th</sup> 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.

## A la Carte

Students in 5<sup>th</sup> -12<sup>th</sup> 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/Reduced status. Students must not have a negative balance in their meal account to purchase a la carte.

## Contact Information

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For more information, visit our Website:  
[www.OregonSD.org/food](http://www.OregonSD.org/food)