

2019-2020

FREDERIC SCHOOL DISTRICT

FOOD SERVICE



Welcome to a new school year! The Frederic School District Food Service Team is looking forward to another great year serving your children nutritious meals that support their academic growth and achievement, as well as promote lifelong healthy lifestyles.

Healthy Menus!

Throughout the school year we will continue to update the menu to offer a variety of meal choices with one goal in mind: Provide outstanding service and high quality student friendly meals that meet and exceed program requirements.

Menus are designed to ensure that students receive balanced meals consisting of food from all major food groups in the proper portion to meet caloric and nutrient standards set by the USDA.

Meal Programs

We follow the *School Breakfast Program (SBP)* and the *National School Lunch Program (NSLP)* meal pattern and nutrition standards to ensure that meals provide age-appropriate calorie and sodium levels.

Breakfast	Lunch
All meals include:	All meals include:
Grains/Breads*	Grains/Breads*
Meat/Meat Alternative	Meat/Meat Alternate
Fruit/Vegetable/Juice	Fruit
Low-fat Milk	Vegetable
	Low-Fat Milk
Students must choose at least three items:	Fruit
One item has to be a Fruit/Vegetable/Juice	Students must choose at least 3 of the 5 components
	Make sure one is a fruit or vegetable!

*Whole Grain Rich

Special Dietary Needs

If your child has any dietary needs/food allergies, please let us know and we will do our best to accommodate them. You must provide a signed medical document from a medical physician for it to be valid.

We are not required to accommodate meals due to religious beliefs.

Entrées

For our 6-12 grade students:

We continue to offer a main dish salad as an alternate lunch entrée. Our salads are made fresh everyday with Romaine lettuce, fresh veggies and low-fat dressings. We make a different salad every day i.e. Taco, Chicken Caesar, Chef, Tuna, Ham, Turkey etc... When ordering a salad please make sure when the teacher takes lunch count you are counted for a salad and not the main hot entrée.

If you would like the main hot entrée and a salad we have you covered, we have romaine lettuce and fresh raw veggies out daily on the serving line so you can build your own salad.

All Students:

It is a continued mission to offer more fresh fruits and vegetables daily. Even bringing in some new items to try!

- Jicama
- Kale
- Blood Oranges

We focus on nutrient-dense dark greens, red/orange and legume vegetable selections along with healthy grains and lean proteins to be served every day!

WE LOVE OUR JOB!

We are proud to serve your child(ren) and encourage you to support our ongoing efforts to improve student health and well-being by participating in our Food Service program.

Get to know our Awesome Ladies!!!

Elementary Lunch Ladies: Lynn Johnson & Tammy Lindberg

6-12 Lunch Ladies: Allie Scherff & Patty Wondra



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Meal Pricing

Grade Level	Regular Pricing	
	Breakfast	Lunch
4K-5th	\$1.25	\$2.55
6th-12th	\$1.50	\$2.85
Adults	\$1.95	\$3.55
Extra Entrée		\$1.50
Extra Milk		\$0.30

Every student is assigned a student ID that is tied to his/her meal account.

At the end of the lunch line will be a computer checkout station where the student keys in their ID number and the account will be debited their purchase.

If the students account is negative they will not be able to "charge" any extra entrées or milk, they will be asked to put the item(s) back.

Payments Accepted!

Payments can be made to student lunch accounts with cash or check. Payments can be accepted at each building to the secretaries.

Free & Reduced Meal Applications

The NSLP is a federally funded program that assists in providing nutritionally balanced, low-cost or free meals to students each day. Attached to this letter is an application.

One form per family must be fully completed (be sure to include everyone in your household and all income) and returned to the Frederic School District building secretaries.

New families will need to have their applications approved before any subsidies will be applied, until that time, full charges will accrue.

For returning families, new applications must be submitted each school year by the 30th school day or the subsidy carry-over will expire. Parents/Guardians are highly encouraged to fill out the applications as soon as possible to avoid these charges because it will be their responsibility to pay back any fee accrual.

Once the application has been processed you will be notified by a letter of approval or denial. If the application has been approved for free or reduced meal pricing please understand that it does not include extra milk or additional entrees there will be additional charges associated to those items.

If the students account is negative they will not be able to "charge" any extra entrées or milk, they will be asked to put the item(s) back.

You may also call the office(s) at any time during the school year to check your balance or you can use infinite campus to check as well.

Automated messages will be called out as well as emailed out informing you of any low/negative balances.

Check out the awesome things our school does daily with our students on Facebook!

Contact Info

If there are any questions regarding your students account please do not hesitate to contact any one listed below.

We are happy to help!

Amy Herman

Food Service Director

hermana@frederic.k12.wi.us

715/327-4223 EXT 1139

Dawn Owens

6-12 Building Secretary

owensd@frederic.k12.wi.us

715/327-4223

Sylvia Stockman

Elementary Building

Secretary

stockmans@frederic.k12.wi.us

715/327-4221