

What’s new in nutrition and eating healthy?

By Edell Fiedler, public information

Food services’ staff at Mankato Area Public Schools stay on top of what’s new in nutrition to help ensure students get needed nutrition to be healthy and successful in the classroom. During the school year staff provide more than 1 million meals to students. Numerous studies by the Centers for Disease Control (CDC) show that healthy students are more likely to attend school, are better able to focus in class, have longer attention spans, participate in class more often and have less behavioral problems.

What’s new in nutrition and eating healthy?

One trend is intuitive eating. With this trend, the focus is on how important it is to listen to one’s body. For example, if someone who is craving peanut butter thinks it has too much fat so instead eats oatmeal, they may not feel satisfied because they did not allow themselves to eat what their body was craving and even probably needed.

In addition to intuitive eating being good for the body, it’s also important for mental health because they aren’t constantly thinking a food they want is off-limits. Since a healthy diet is a balanced diet, it’s recommended to research or speak with a dietitian or physician about fad diets such as gluten free, ketogenic, paleo and plant-based before starting one of them.


Eating meals as a family has benefits as well. These small gatherings provides parents/caregivers an opportunity to role model healthy eating, which helps improve dietary intake and may lead to a reduced risk of childhood obesity in children and adolescents.

What’s new in school cafeterias?

Plenty of fruits and veggies

To help students eat healthy at school, they are able to take as much fruit and vegetables as they want or to go back for seconds. A variety of produce is offered throughout the year and staff try to take advantage of what is in season. Also offered are whole grain options and three low-fat milk choices.

More information about foods the CDC links to academic success can be found online at [cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)

For more information contact food services’ staff at 507-388-7442. 



Mankato Area Public Schools’ students are provided a variety of healthy food options to help them be successful in the classroom.

Area Schools—times and contact information


School	Grade(s)	Times	Contact	Phone
Bridges Community School	K–5	8:10 a.m.–2:40 p.m.	Robin Courrier	507-387-2800
Central Freedom School	9–12	8 a.m.–2:40 p.m.	Kathleen Johnson	507-387-3047
Central High School	9–12	8:10 a.m.–2:45 p.m.	Kathleen Johnson	507-387-3047
Dakota Meadows Middle School	6–8	8:15 a.m.–2:55 p.m.	Carmen Strahan	507-387-5077
Eagle Lake Elementary School	K–5	8:15 a.m.–2:45 p.m.	Kory Kath	507-257-3530
East High School	9–12	8:15 a.m.–3:05 p.m.	Jeff Dahline	507-387-5671
Futures	K-12	8:15 a.m.–2:45 p.m.	Sara McMonagle	507-387-1455
Franklin Elementary School	K–5	8:10 a.m.–2:40 p.m.	Travis Olson	507-345-4287
Hoover Elementary School	K–5	8:10 a.m.–2:40 p.m.	Dan Kamphoff	507-388-5202
Jefferson Elementary School	K–5	8:15 a.m.–2:45 p.m.	Scot Johnson	507-388-5480
Kennedy Elementary School	K–5	8:05 a.m.–2:35 p.m.	Jason Grovom	507-387-2122
Monroe Elementary School	K–5	8 a.m.–2:30 p.m.	Steve Johanson	507-387-7889
Prairie Winds Middle School	6–8	8:10 a.m.–2:55 p.m.	Steve Rustad	507-345-6625
Roosevelt Elementary School	K–5	8:05 a.m.–2:35 p.m.	Ann Haggerty	507-345-4285
Rosa Parks Elementary School	K–5	8 a.m.–2:30 p.m.	Michelle Kruize	507-387-7672
Washington Elementary School	K–5	8:15 a.m.–2:45 p.m.	Shane Baier	507-345-3059
West High School	9–12	8:15 a.m.–3:05 p.m.	Sherri Blasing	507-387-3461

Meal plans

Three cost options for breakfast and lunch meals include free, reduced and regular. All kindergarten students can receive breakfast at no cost. Students who qualify for free or reduced meals based on an annual application process. Eligible students will receive meals at no cost to families. Students may apply for free or reduced-cost meals at any time throughout the year. Applications are available at isd77.org.

MEAL COST		
	K-5 grade	6-12 grade
Breakfast	95¢ (no cost K)	\$1
Lunch	\$2.25	\$2.55


Meal payments can be added to student’s lunch account by cash or check at student’s school or the food service office or by credit card through the Campus Parent Portal. Another option is to set up automatic payments. Forms for automatic payments are available at isd77.org. Once completed return form to student’s school or the food service office.

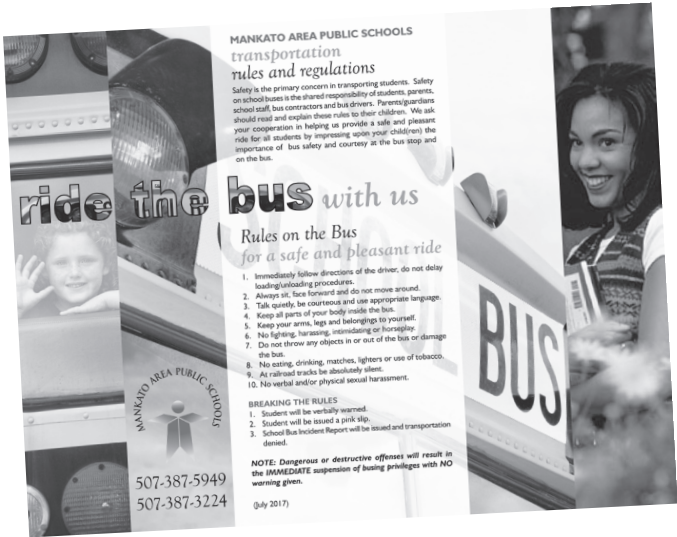
For more information contact food services’ staff at 507-388-7442. 

Bus rules put safety first

Mankato Area Public Schools provides transportation services for public and non-public students in the district. Non-public students in each service area are transported to and from their respective schools. Seventh through 12th grade students who reside two miles or more from their school of attendance are within transportation service boundaries. Students outside of the busing boundaries may contact the bus operator that serves their area to inquire about purchasing transportation services.

Students being transported on a regular bus (not a mini bus) must have a bus pass to be eligible to ride a bus to and from school. Students must register each year for a pass by completing a transportation registration form at their school of attendance. A fee of \$5 (payable to the bus operator) is charged to replace lost passes.

Access more information about bus rules for a safe and pleasant ride online at isd77.org. For more information, contact Tricia Baumgard in Mankato Area Public Schools’ transportation office at 507-387-5949 or tbaumg1@isd77.org. 



Palmer Bus Company – 507-386-0210
Service area

Rural Nicollet County
Upper/Lower North Mankato
North Highway 169 to district border
North of Main Street to Highway 22 and north of old Highway 14 to district border
East from Minnesota River to district border beyond Madison Lake
K-12 students in Eagle Lake north of Highway 14
6-8 students in Eagle Lake south of Highway 14
6-12 students Country Manor

Schools

Bridges Community School
Central High/Freedom schools
Dakota Meadows Middle School
Hoover Elementary School
Monroe Elementary School
East High School
West High School
Eagle Lake Elementary School
Prairie Winds Middle School
Franklin Elementary School
Washington Elementary School
Special education students

Yaeger Bus Service – 507-345-5470
Service area

South of Main Street to Highway 22 and south of old Highway 14 to district border
9-12 students in Eagle Lake south of Highway 14
West edge of district, south of Minnesota River
Minneopa State Park area and South Bend
K-5 students Country Manor
K-12 students east of Agency Street in Eagle Lake to district border

Schools

Bridges Community School
Central High/Freedom schools
Dakota Meadows Middle School
Prairie Winds Middle School
Eagle Lake Elementary School
Jefferson Elementary School
Kennedy Elementary School
Roosevelt Elementary School
Rosa Parks Elementary School
Washington Elementary School
East High School
West High School

Access more information about bus rules and safety online at isd77.org.