

Middle School Meal Services for School Year 22/23

Breakfast and lunch are available to all enrolled NV students at NO cost while on campus during the school year. No meal application is needed to participate in the no-cost school meals.

Breakfast will be available in the cafeteria as students arrive to school. Students may select their choice of breakfast entrée, protein, fruits, and milk and must eat in the cafeteria. New this year, a Second Chance Breakfast will allow student who didn't get breakfast before school to collect a simple breakfast at the advisory passing period at 8:30am. Meals are tracked by name and only one breakfast per student is allowed per day.

Lunch meals include a choice of the hot entrée of the day or a variety of cold entrees, a half pint of low-fat or skim white milk and students may self-select a variety of fruits and veggies from the buffet. For a school meal to meet USDA requirements it must include at least one fruit or vegetable. The daily hot entrée choice of the day will be posted outside the cafeteria before school and a monthly menu will be posted online.

If your student would like to bring an entrée from home and eat fruits, veggies, milk or a part of a meal on the day's menu (cracker, roll, String cheese, yogurt, sunflower seeds), they may! To count as a USDA School Meal, they must take at least **3** different items, one of those must be a fruit or veggie.

Special dietary request for food intolerance or allergies:

USDA Child Nutrition Programs support access to healthy meals to all children, including children with disabilities who have special dietary needs. Under the law, a disability is any impairment which limits a major life activity, which can include allergies and digestive conditions, but does not include personal diet preferences.

If your child requires a special dietary modification and will be eating school meals, we will need a doctor or a recognized medical authority to complete a **NV Food Modification Prescription Form**. Food services will work closely with the school nurse to support your child's accommodation needs.

Students with life threatening health conditions, such as severe allergies to food(s) are required to have an **Emergency Care plan** on file, please contact the school nurse to start this process.

Please visit our NV Foodservice website for more information and updates.
For question, contact the Food Services Office at 360-988-4754 or
email Melissa.Paulus@nv.k12.wa.us