

Meal Menus FAQ

For additional information, please call (218) 336-8707.

How can I view school menus? [Detailed meal menus are available online, any time through My School Menus.](#)

- View food images and descriptions
- View nutrition information for each food
- Filter the menu for specific food allergens
- Rate foods and see carb counts
- Access menus with the Nutrislice mobile app

Who develops the menus? Menu planning is a team process, as many factors must be taken into consideration. They include student acceptability of food items, meeting dietary guidelines preparing and serving logistics at both Child Nutrition and school locations and cost. The department's menu planning team includes Cafeteria Managers, the District's Registered and Licensed Dietitian and the Department's Management Team members.

What is the process? Before a new item is added to the menu, the item is tested in-house and in the schools with students.

How do you handle leftover food? The Duluth Public Schools' Child Nutrition Department has developed a policy for leftover food in the schools. Managers are responsible for assuring that food quality is maintained by proper handling techniques. Food from the previous day is stored at the proper temperature and can be reheated to 165° so that it can be used.

Who determines the portions sizes? The United States Department of Agriculture (USDA) determines the portions by age so they better meet the food and nutritional needs of children. These portions or serving standards designed to give each child at their age level one-third of their daily nutritional requirement of food.

What if my child has dietary restrictions? The National School Lunch and Breakfast Programs allow substitutions on a case by case basis for the basic meal requirements if a child is unable to consume the requirements because of medical or other special dietary needs. Simply submit a medical statement that includes the recommended substitute foods to the food service manager.

What varieties of milk do you offer? Skim, low fat chocolate, 1%, and lactose-reduced milk are offered.

What beverage substitution is made for students who are lactose intolerant or have milk sensitivity? Milk substitutions: MN State Statue 124D.114 requires schools to provide one of these alternatives for a student with lactose intolerance if the parent has requested, in writing, an alternative:

- Lactose reduced milk, or
- Milk fortified with lactase in liquid, tablet, granular, or other form, or
- Milk to which lactobacillus acidophilus has been added.

Juice cannot replace milk in the National School Lunch Program. Consequently, Child Nutrition will substitute lactose reduced milk for students whose parents have requested this alternative in writing. Please send your request to the Health Assistant at your child's school.

Do you offer vegetarian meals? Watch our menus for entrees that have meatless choices.

Do students have to take all food items offered? The Duluth Public Schools follow the "Offer Vs Serve" pattern. Students must take three (3) of the five (5) meal components offered.

Can parents limit their children's ala carte purchases? Parents can request a limit be added to their child's lunch account limiting the purchase of second entrees and/or ala carte items. Comments indicating exceptions, such as "second pizza ok", can also be added. Just call the Child Nutrition Office at 336-8707 and ask to have the limit/comment added to the lunch account.