



The Healthy Family

A Newsletter from the Food and Nutrition Services Department
Willmar Public and Community Christian Schools

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September Highlights:

Willmar:

9/3 First Day 6th-12th grade
9/5 First Day K-5th grade
9/13 Fair Day - Special Meal

CCS:

9/3 First Day of School
9/13 Fair Day-Special Meal

Attention Parents:

***Lactose Free Milk will be provided by Food and Nutrition Services upon written request of parents/guardians per the district's Special Dietary Needs Policy.**
***If you child has a food allergy, please reach out to your school nurse or the FNS department. If your child has had no changes to their food allergies, no form needs to be updated.**

 **Check out the Breakfast and Lunch Menus on your District's Website.**



Welcome Back, Students! We hope you had a great summer vacation and are ready to kick off the 2024-2025 school year. We encourage you to take advantage of all the meal and snack programs your school offers to be able to perform your best at school and home. Below is an overview of your district's Food and Nutrition Service plans.

In March 2023, Governor Tim Walz signed the "Free School Meals" bill into law providing one **FREE** breakfast and one **FREE** lunch at schools across the state to any child regardless of family income.

Families should continue to fill out an application for educational benefits because it is more than just for school meals. This application can help you and your school through many additional benefits:

- May provide additional school funding for state and federal programs and services at your school
- May result in free or discounted fees to participate in activities
- May qualify your family for discounted rates on home internet services
- May qualify you for reduced registration fees for AP, SAT, and/or ACT tests and discounted rates associated with college admissions
- May qualify your children for summer—EBT Benefits

The application for benefits can be found on the Willmar Public Schools website. All buildings will provide a combination of hot and cold lunch meals (may vary for each school building) that meet United States Department of Agriculture (USDA) meal pattern requirements for grades K-12.



Preparing Your Student for a Positive Meal Experience Each Day!

Food and Nutrition Services suggest that you sit down and review the monthly Breakfast and Lunch menu with your child. After talking about it, come to an agreement for each meal and have your child circle the selections. Studies have shown that when you involve children in the decision making process, they are much more likely to actually perform the desired activity. In this case, that means selecting their own healthy meals and enjoying it when they get to eat at school each day!

Help Wanted!

To Serve our Future Leaders

No weekends, holidays, or evenings! Shifts vary anywhere from 7:00am-3:00pm (depending on district and building site). Apply at your school district, online on or scan the QR code below.

This Institution is an Equal Opportunity Provider.



Meal Prices

All school breakfast meals are free for the 2024-2025 school year!


Willmar


	Breakfast	Lunch
K-5	Free	Free
6-8	Free	Free
9-12	Free	Free
Adult	\$2.40	\$5.00
Milk	\$0.65	\$0.65


Community Christian


	Breakfast	Lunch
K-5	Free	Free
6-8	Free	Free
9-12	Free	Free
Adult	\$2.50	\$5.10
Milk	N/A	\$0.65

National Food Safety Education Month Tips

 **Clean:** Wash hands, utensils, and surfaces often

 **Separate:** Keep raw meat, poultry, seafood, and eggs separate from fresh produce and cooked food

 **Cook:** Use of a food thermometer ensures your food is cooked to a safe temperature

 **Chill:** Refrigerate perishable foods and leftovers within two hours

Source: Foodsafety.gov

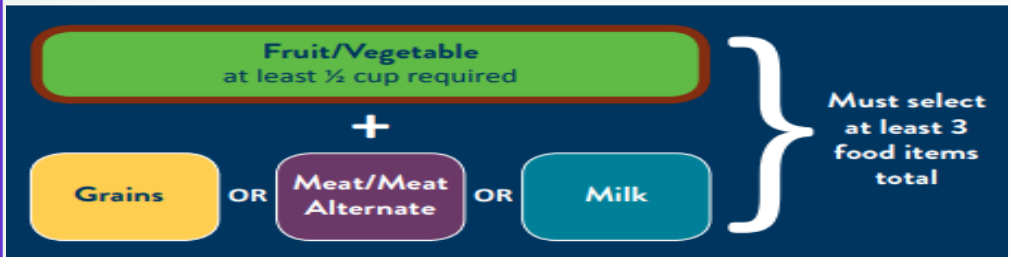


What Does This Mean? Offer Versus Serve

Offer versus Serve pertains to students eating School Breakfast and Lunch. Each student has the right to decline certain food items at Breakfast and Lunch. Every student may select a full meal of all **four** items at Breakfast or all **five** components at Lunch. A food item is a specific food offered. A food component is one of the required food groups (fruit, vegetable, grains, meat/meat alternate, and milk). The Healthy, Hunger-Free Kids Act requires that students must select at least 1/2 cup of fruit or vegetable at Breakfast and Lunch in addition to other items or components.

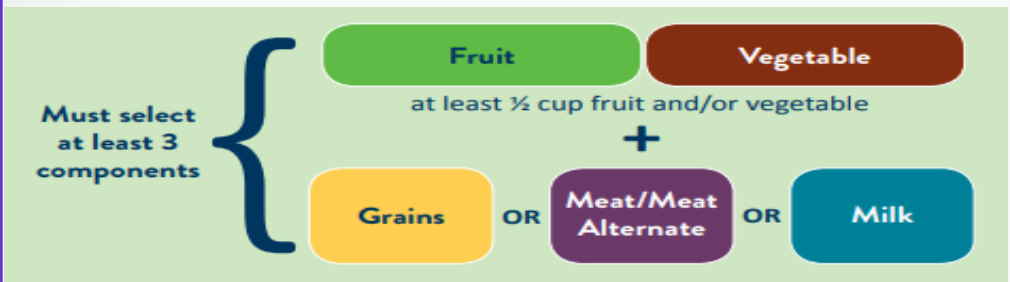


Breakfast:



Lunch:

◆ Remember: The less items taken, the less nutritional benefit received!



Breakfast Encourages Students to Thrive!

Breakfast is served daily at school! School Breakfast will give your child a healthy start to the day and is affordable, too.

Top 3 Reasons to Eat School Breakfast:



Fuels the brain to focus on learning.



It's a time saver. School staff will take care of it all.



Packs a nutritional punch and guaranteed to have whole grains, fruit, and milk.



Please fill out an Application for Educational Benefits for the 2024-2025 school year. You may also qualify for other benefits depending on your district such as athletics fees, technology fees, etc. In addition, this application helps your district.

