



Tukwila School District Food Services Newsletter

September 2024



Welcome Back!

We couldn't be happier to have the opportunity to serve breakfast and lunch to students every day for the upcoming school year. Over the course of the year, we will be introducing new menu options, gathering feedback, and making other changes to enhance the mealtime experience. We will also be introducing some fun and exciting programs, beginning this fall. We want you and your student to look forward to mealtime at Tukwila public schools and we look forward to welcoming you back!

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What Makes a Meal?

Tukwila Public Schools participates with the National School Lunch Program, a.k.a. NSLP. Under the guidelines of this program, lunch and breakfast menus must meet the USDA's weekly dietary specifications (nutrition standards) for calories, saturated fats, and sodium. In addition, all food products and ingredients used to prepare school meals must contain zero grams of trans fats per serving. Under the NSLP, there are five components required to make what's called a "complete meal". At least three of these components must be selected at the time of purchase in order to meet federal guidelines. We have included a diagram on the next page so you can see exactly what components make up a complete meal. Please explain this to you child which will help eliminate any confusion.

Create a Lunch

Choose at least 3 food groups with at least ½ cup of fruits or vegetables to create a lunch. Take all 5 food groups for best nutrition!

1. Select at least ½ cup of fruits or vegetables.
2. Pick at least two other food groups, such as fruits, vegetables, grains, protein, or milk.
3. Take a minimum of 3 food groups and a maximum of 5.

Meal Examples:



This institution is an equal opportunity provider.

What's Cooking?

Online Menus!

School menus available
anywhere, anytime.

Tukwila school district, in partnership with Chartwells K12, uses Nutrislice to publish school menus to an interactive website and free smartphone app.

Easy-to-use-features

- Daily menu items, with a photo and description
- Nutrition Information
- Filters for common food allergens like nuts, wheat and dairy
- Available in 50+ languages

Get started today!

- 1 **Download** or open the app.
- 2 **Find** your district.
- 3 **Select** your preferred location and **favorite** it.
- 4 **View** daily menu items



Available on the
App Store

ANDROID APP ON
Google Play

Download the Nutrislice app today!

chartwell  nutrislice

Get Started!

Tukwila.Nutrislice.com

Go to Tukwila.nutrislice.com. If you prefer to use your smartphone, download the Nutrislice app from Google Play for Androids or the App Store for iPhones.



School Home

Lunch

All Menus | Breakfast | **Lunch** | Dinner

Weekly | DEC 1 - 7

01 Sun	02 Mon	03 Tue	04 Wed	05 Thu	06 Fri
Soups +	Entrees +	Entrees +	Entrees +	Entrees +	Entrees +
Sides +	Grill +	Grill +	Grill +	Grill +	Grill +
	Daily Special +	Daily Special +	Daily Special +	Daily Special +	Daily Special +
	Soups +	Soups +	Soups +	Soups +	Soups +
	Sides +	Sides +	Sides +	Sides +	Sides +

Vegetable Soup

Hearty soup with potatoes, carrots, white beans, tomatoes and kale.

Serving Size: 4oz
Calories: 111

Total Fat: 0g
Cholesterol: 5mg
Sodium: 1202mg
Total Carbs: 16g
Dietary Fiber: 5g
Protein: 3g

Using the Website

1. Go to the URL listed above.
2. Click View Menus.
3. Select grade level, school and then the menu you want to see.
4. View the current day's menu, or skip to a future date.
5. Select a food to find its description and photo, filter by allergens, print the menu and so much more!

Using the App

1. Find your district.
2. Find your school.
3. Select your menu.
4. View the current day's menu, or skip to a future date.
5. Select a food to find its description and photo, filter by allergens, print the menu and so much more!

Questions? Contact Brent Nichols at Brent.Nichols@Compass-USA.com