

BREAKFAST, LUNCH AND NUTRITION SERVICES

Our school district operates meal programs under the School Breakfast Program and National School Lunch Program. Healthy, nutritious, and affordable meals are planned to meet all nutritional guidelines set by the USDA. Monthly menus and meal price information is available on the district website under www.west-fargo.k12.nd.us/district/menus/

BREAKFAST:

Breakfast is offered in all school buildings. Most buildings offer breakfast in the cafeteria prior to the start of the school day; be sure to check your school building's schedule. Some elementary schools offer breakfast in the classroom, which is served after the start of the school day.

LUNCH:

Learners are encouraged to participate in the lunch program. Elementary learners can choose from two options served for lunch. All lunches include a choice of milk and a self-service salad bar.

Parents/guardians are welcome to join their learner for lunch and are encouraged to purchase a school-provided lunch. Parents/guardians need to call the school office by 9:00 am of the day they plan to eat lunch with their learner. Payment can be made in the school office.

Learners may bring a cold lunch from home if desired. Learners can purchase a milk from the cafeteria if they have sufficient funds in their account. We request that packed lunches do not include fast food, or foods purchased from restaurants. No food deliveries for learners are allowed during the school day. Learners are discouraged from bringing candy, soda, or other foods of minimal nutritional value in packed lunches.

MILK/SNACK BREAK:

An optional milk break program is available to elementary students. Milk fees must be paid by the semester.

A free fresh fruit/vegetable snack is offered in schools that qualify for the grant program, this snack is served along with milk break. This program typically is offered 3-4 days per week and may only operate for a portion of the school year depending on funds.

Some classroom teachers allow learners to bring a snack from home. Learners are discouraged from bringing candy, soda, or other foods of minimal nutritional value to school. Snacks offered to the entire class for parties or celebrations cannot contain homemade items.

MEAL PAYMENTS:

Our school district has an online processing system called *MySchoolBucks.com* where parents can pay for meals online and track learner meal accounts. Please visit the district website at www.west-fargo.k12.nd.us and select the *MySchoolBucks.com* to make an account.

FREE/REDUCED-PRICE MEALS:

Learners may be eligible for free or reduced-price meals according to income guidelines. Applications are available on the district website and must be submitted each school year. Learners who qualify for free meals can receive one breakfast and one lunch daily. Because milk break is not a federal program, the fee for milk break must be paid even if the learner qualifies for free meals.

The statements in this document are intended to provide guidance for daily procedures and practices in order to maintain order, efficiency, and continuity amongst our schools.