

CHILD NUTRITION DEPARTMENT

BREAKFAST & LUNCH MEAL PRICES

Breakfast - \$2.00

Lunch - \$3.50

OFFERED AT BREAKFAST

- Milk
- Fruit/Veg/Juice
- Grain
- Meat/Meat Alt.

OFFERED AT LUNCH:

- Milk
- Fruit
- Vegetable
- Grain
- Meat/Meat Alt.

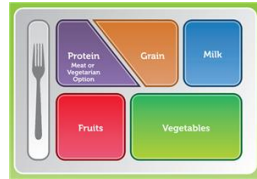
OFFER VS. SERVE

Lakota schools have implemented Offer vs. Serve (OVS), which allows students to decline either one or two food components in a school lunch or one food component in a school breakfast. A fruit or vegetable is required as part of the meal.

All meals are priced as a unit, so students who take three, four or five food components pay the same price.

Students who do not take a fruit or vegetable as part of their meal will be charged a la carte prices for their selections.

Please encourage your student to take the proper number of components for the best value and well-balanced meal.



Food Allergies & Special Diets

If your student has a food allergy or special diet, the Food Allergy & Special Diet Form is to be completed to provide any modifications, avoidances, or substitutions. The form can be found on Lakota's website:

- Lakotaonline.com
- Departments
- Child Nutrition
- Menus & Information
- Special Diets/Food Allergies

Payment Options

The Child Nutrition Department offers several options for depositing money in your child's account.

- PaySchools Central
- Send cash with your child
- Send a check with your child (include your child's ID#)

There is only one account for meal and a la carte purchases. Parents may opt out of allowing their child to purchase a la carte foods by going to:

- Lakotaonline.com
- Departments
- Child Nutrition

The Menu

Menus will be available monthly on the Child Nutrition website. Creating the menus monthly allows flexibility to adjust the menu based on new foods or recipes, theme meals, seasonal foods and, most importantly, student preferences.

The menu can be found on Lakota's website. Simply go to:

- Lakotaonline.com
- Departments
- Child Nutrition
- Menus & Information
- School Menus

The menus are interactive; therefore, you can hover over the menu item to see the nutrition information for the product.

Our menus comply with USDA's 2024 Final Rule on Nutrition Standards, ensuring all children have access to healthy, balanced meals. As part of the National School Lunch Program and School Breakfast Program, our program must meet standards in:

- More Fruits/Vegetables
- Whole Grains
- Calorie Limits
- Sodium Limits
- Sugar Limits
- Limits on Unhealthy Fat
- Low-Fat and Fat-Free Milk



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WELLNESS

Lakota recognizes that schools and families working collaboratively play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity.

Visit the Child Nutrition website to view the Wellness Policy, Triennial Assessment Results, and learn how to get involved with the Wellness Committee.

**WE'RE
HIRING!**

Are you looking to get involved with your child's school or other schools in the district? Have you considered working for Child Nutrition and helping serve, prep, assist, and most importantly provide nutritious meals to the students? The Child Nutrition Department is seeking individuals who are interested in working part time during the hours of 9:30am-1:30pm.

If interested, follow the steps below:

- Lakotaonline.com
- Apply
- View Current Openings
- Food Service
- Click "Apply"
- Create an Applitrack account



To apply, visit:

<https://linqconnect.com/public/meal-application/new>



Meal Applications

Free and Reduced-price meals are available to families who qualify. If your family chooses to apply, please complete a meal application online.

Once approved for Free or Reduced meals, this can provide other benefits such as qualifying to have certain extracurricular and athletic fees waived.

Meal Charges

While not required by USDA, it is the policy of the Child Nutrition Department of the Lakota Local School District to allow students to charge meals when sufficient funds are not available. This policy allows students to receive a meal at both breakfast and lunch, charging up to \$15. Once this charge limit has been reached:

- Students in grades K-6 for lunch will be offered the menu meal of the day at the lowest meal price.
- Students in grades 7-12 for lunch will be offered a burger, fruit, vegetable (excluding fries), and milk for lunch at the lowest meal price.
- All students K-12 for breakfast will be offered cereal, fresh fruit, juice, and milk at the lowest meal price.

Students who have a negative account balance are not permitted to purchase a la carte items such as snacks, milk, ice cream, etc. All funds that are brought in for the student's account will be deposited toward the outstanding balance until the balance is paid. Once a student's account balance reaches \$0.00, a la carte purchases can be made when funds are available.

Parent/Guardians will receive weekly emails from LINQ School Nutrition if their student is below -\$8.00. We encourage parents/guardians to sign up for "Low Balance Alerts" in PaySchools Central.

Contact Child Nutrition

Phone: 513-644-1163 // **Fax:** 513-644-1171

Mail: 6947 Yankee Road, Liberty Twp. OH 45044

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Local Schools