



FOOD SERVICE
& NUTRITION

Spork Report

A Family Guide to School Meals



WHAT'S NEW THIS MONTH?



Meal Applications are now available! Apply anytime online through LINQ Connect.



Try our Produce of the Month, Peppers!



Important Dates

SCHOOL MEALS AT A GLANCE

Universal FREE BREAKFAST!

Every Lexington One student can enjoy one breakfast at no cost, each school day!

What families need to know:

- One breakfast per school day is free. Additional food or beverages may still be charged.
- Credits for qualifying breakfasts purchased August 4–September 10 will be applied to student LINQ Connect accounts within 30 business days. Credits will appear as voided transactions.
- No sign-up or action is required to receive the free breakfast or qualifying credits.

See what's on the menu at your school!



BREAKFAST

- Includes whole grains and/ or lean protein
- Fruit and 100% juice
- 1% white or skim chocolate milk

Breakfast in the Classroom at select elementary schools!



LUNCH

- Includes lean protein and whole grains
- 2 servings of fruit
- 2 servings of vegetables
- 1% white or skim chocolate milk

MANAGE MEAL ACCOUNTS

with LINQ Connect

- ✓ Make online payments
- ✓ View account balances
- ✓ Set low balance alerts
- ✓ Secure and easy to use

Visit linqconnect.com

MEAL APPLICATIONS

Apply anytime!

You may qualify for free or reduced meals and other benefits.



Scan to apply today!

STAY CONNECTED



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Website
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PRODUCE OF THE MONTH

Peppers!

Peppers are a tender, warm plant that come in a wide range of varieties, sizes and colors. Types are classified into groups depending on how hot or mild the flavor. All varieties are low in calories and are a great source of **vitamins A & C**, potassium, folic acid, and fiber



Ways to enjoy:

- Raw with hummus or your favorite dip.
- Add to tacos or fajitas.
- Roast with other vegetables.



DATES TO REMEMBER

October 19–23: National School Lunch Week

This year's theme:



Join us as we celebrate National School Lunch Week! Since 1962, this annual observance has highlighted the importance of school lunch in supporting students' health, learning and success both in and out of the classroom. Look forward to a week of fun, delicious meals and celebrating the people who make school lunch possible!

WHAT'S IN SEASON?



Apples



Broccoli



Pumpkin

Eating with the seasons means fresher food and more nutrients!

SPECIAL DIET INFORMATION

We're happy to accommodate students with special diets due to a medical need.

A Medical Statement must be completed by a license medical professional.



CERTIFIED SC GROWN

We partner with local farmers to bring fresh, South Carolina grown produce to our schools.

EAT FRESH. EAT LOCAL.



QUESTIONS?

Contact Food Service & Nutrition



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