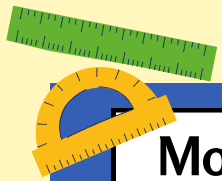
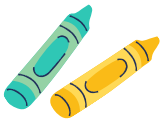



Welcome Back to School!

September 2024 Menu Crookston High School



Monday	Tuesday	Wednesday	Thursday	Friday
Each lunch is served with fresh fruits and vegetables, one carton of milk, and condiments along with the daily entrée.	3 Cheese Pizza (35)	4 Chicken Strips (22) Dinner Roll (14) Corn (17)	5 Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14)	6 Pancakes (20) Eggs Yogurt Cup (15)
9 General Tso Chicken (19) Brown Rice (23) Dinner Roll (14)	10 Beef Taco with Cheese and Fixings (34) Mexican Rice (19) Refried Beans (10)	11 Pepperoni Pizza (32)	12 Corn Dog (30) Baked Beans (23)	13 Brunch for Lunch! French Toast Sticks (60) Cheese Omelet
16 Chicken Nuggets (15) Dinner Roll (14) Mashed Potatoes (14)	17 Pulled Pork Sandwich (46) Baked Beans (23)	18 Deli Sandwich (26) Baked Beans (23)	19 Tater Tot Hotdish (21) Two Bread Slices (26) Corn (17)	20 Italian Dunkers (30) Marinara Sauce (5)
23 Chicken Strips (22) Dinner Roll (14) Mashed Potatoes (14)	24 Beef Nachos (38) Mexican Rice (19) Refried Beans (10)	25 Chicken Alfredo (60) Breadstick (17)	26 Chef Salad (5) Two Breadsticks (34) Baked Beans (23)	27 Pancakes (20) Eggs Yogurt Cup (15)
30 Orange Chicken (16) Brown Rice (22) Dinner Roll (14)	1 	2	3 	4

Entrée Alternatives

Daily:

- Hamburger (29)
- Breaded Chicken Sandwich (44)
- Plain Chicken Sandwich (30)
- Monday:** Mr. Rib (35)
- Tuesday:** Cheese Pizza (41)
- Wednesday:** Hot Dog (28)
- Thursday:** Spicy Chicken Patty (46)
- Friday:** Fish Sandwich (50)

Prices

- Students: FREE
- Adult Price: \$5.00
- Extra Milk: \$0.50
- Lactose Free Milk: \$1.00

Daily Milk Choices

- Plain Skim (13)
- Plain 1% (13)
- Chocolate Skim (20)
- Lactose Free (upon request)

Carbohydrate Count

Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?

Contact Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7

If you are not already approved for free or reduce-priced meals, please fill out an application. All applications received and processed before September 30, 2024 will receive free activity passes for each child on application. Activity passes will not be given to those who are already approved by direct certification. Applications are available at linqconnect.com



This Institution is an Equal Opportunity Provider

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.



Pricing

Student Breakfast & Lunch: FREE
Adult: \$3.00 Breakfast and \$5.00 Lunch
Extra portions & a la carte items are available for additional costs.
The a la carte menu is available on our website.
Extra Milk - \$0.50 / Lactose-Free Milk - \$1.00

Free/Reduced Applications

Please fill out the Application for Educational Benefits. All completed applications returned by September 30th, 2024 will receive free activity passes for all Crookston students on the application. Students who are directly certified are not eligible this credit unless they physically fill out an application. You can fill out a paper copy or fill it out online at linqconnect.com. A new application must be filled out each year. Additional paper applications can be found on our website, or you can pick up from the school office. You can reapply at any time. All students will receive one free breakfast and one free lunch per school day regardless of application submission, but schools receive funding depending on the number of students who qualify for free and reduced school meals AND fill out the application or are directly certified.

Lunch Cards and PINs

The elementary schools will continue to use lunch cards with barcodes instead of lunch numbers. Students received a lunch card last year and should use it again to start the school year. New lunch cards will be distributed after school pictures are taken. If you lost or misplaced your lunch barcode card, please contact food services for a replacement.

Due to a large number of students forgetting, losing, and refusing to bring their lunch cards with them to eat at CHS, **Crookston High School will be changing to lunch numbers for the 24-25 school year.** Students will be given a laminated card with their name and lunch number on it that they can keep to remember their number. Their cards they receive after picture day will NOT work at the point of sale in the lunch line. Students will be responsible for remembering their lunch number and typing it on the keypad at the point of sale. If they do not remember their lunch number, students can ask the clerk at the point of sale or request a card from food services with their number on it.

Alternative Lunch Choice

CHS offers a daily "Sandwich Line" as an alternative entrée choice to the main course. This is open to all students, grades 6-12.

Linq Connect

Linq Connect allows you to add money to your child's account by debit or credit from home. You can also view your child's account balance, schedule automatic payments, receive low balance statements, view cafeteria purchases using the system, set limits on extra purchases, and fill out a free and reduced application. Please go to linqconnect.com to make an account. If you choose not to use this system, you or your student can pre-pay for meals via cash or check during the lunch hour or at any time in the food service office, located in Highland Elementary School.

Allergens/Intolerances

If your child is unable to eat certain food items due to allergies or intolerances, please contact the food service department directly prior to the beginning of school. Please note that it is required by federal regulations that all students needing a substitution for foods due to allergies/intolerances (with the exception of lactose) provide a written request from a licensed physician or recognized medical authority. Those forms can be found on the website. If you have already filled out an allergy/intolerance request in a previous school year, it is not necessary to fill out another form, as we keep this request on file. Please contact food services with any questions.

National School Lunch Guidelines

The National School Lunch Program (NSLP) and School Breakfast Program (SBP) have implemented new regulations that will continue to adjust until reaching its final goal date. We are happy to support the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) which went into effect July 1, 2012. There are now regulations on all five food groups, calories, sodium, saturated fat, and trans-fat, which will help us provide your children with well-balanced, nutritious meals. It is required that each child chooses at least three components of every meal to be counted as a school breakfast or lunch, one component being at least ½ cup fruit or vegetables. Although a minimum of three items must be chosen, it is encouraged that every child enjoys all five components of the school lunch for overall health.

Questions?

Contact Food Service Director Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7.

